THE SATURDAY EVEN POST

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Sept./Oct. '92 $2.50

Today's Katie Couric

Magnesium Deficiency in Diabetics

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Inside "Wheel of Fortune"

North Carolina's Outer Banks

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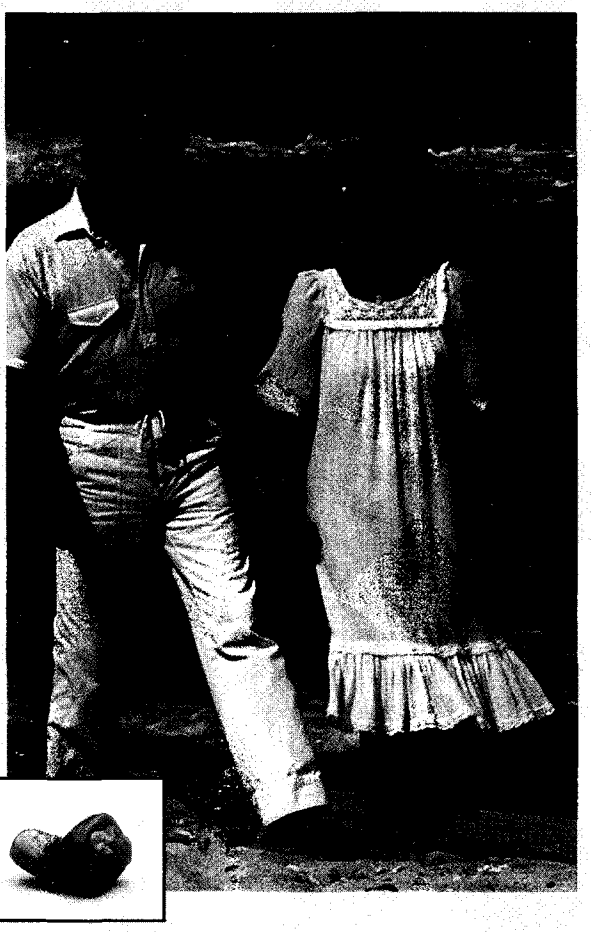

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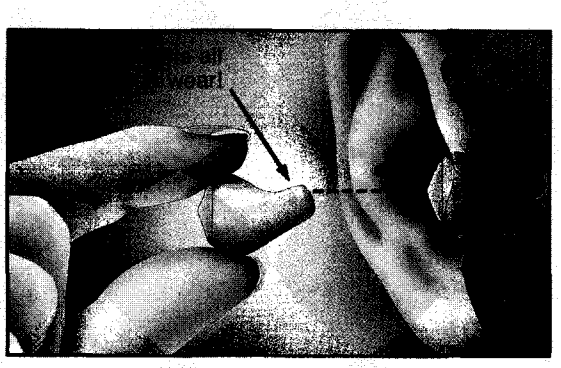

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THE SATURDAY EVENING POST

Founded A.D. 1728

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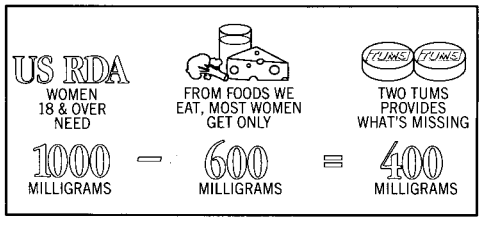

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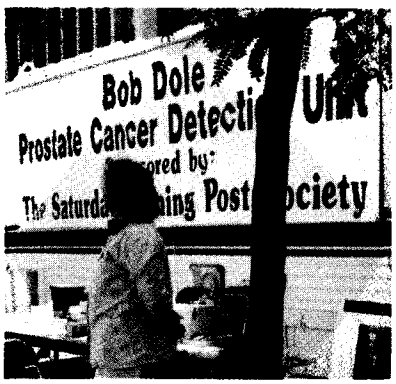

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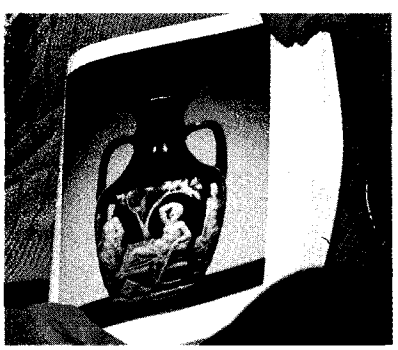

Decoding a Roman Riddle—An American graduate student solves the 400-year-old picture puzzle on the Portland Vase. **46**

Letters

A Contender's Contention

I am writing in reply to the article in the May/June 1992 issue by Dr. Maurice W. Van Allen. Perhaps professional boxing should be banned, but I do not think it will be. There is too much money involved, as well as a great public demand.

There were so many deaths caused by boxing in the 1920s that they tried to ban the sport, but people wanted to see fights, and the pressure was too great to stop it.

Physicians who examined professional fighters said in an article that any fighter who had 20 fights had brain damage. I had close to 50 professional fights, and was fortunate to come out of the game without much damage. I was never knocked down or out, but lost a few fights because of a technical K.O.—that is, when the ring doctor tells the referee to stop a fight because of a cut or a bruise, or if the referee stops it because a fighter is being beaten too severely.

An added thought:

A lot of people have frustrations today, and want to tear things up. They might as well get into boxing to settle them and get paid for it.

I sold subscriptions to *The Saturday Evening Post* back in the 20s when I was in high school, so that I could earn money for athletic equipment. The *Post* is one of the better magazines on the market. I have read it since then, except for the time it was out of publication. I now look forward to each new issue.

Walter Stanfield
Groveland, Florida

Prostate Brigade

Down the road when all men know as much about detection and treatment of prostate cancer as women today know about breast cancer, they can look back on the July/Aug. '92 issue of the *SatEvePost* and say, "That is where it really began."

The notables that you brought aboard in this issue to talk about the importance of early detection of prostate cancer and how it can be achieved is a grand beginning and just what the doctor ordered.

For those of us with PC in our families, getting Senator Bob Dole to serve as our spokesman is certainly a master stroke; however, the real coup may be our getting *The Saturday Evening Post*

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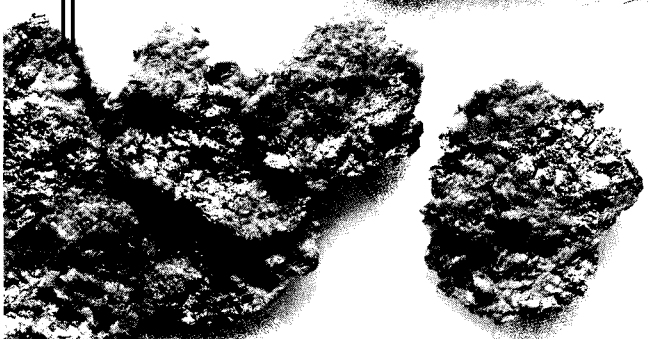

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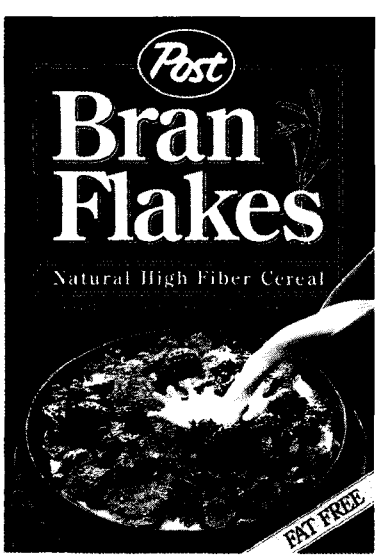

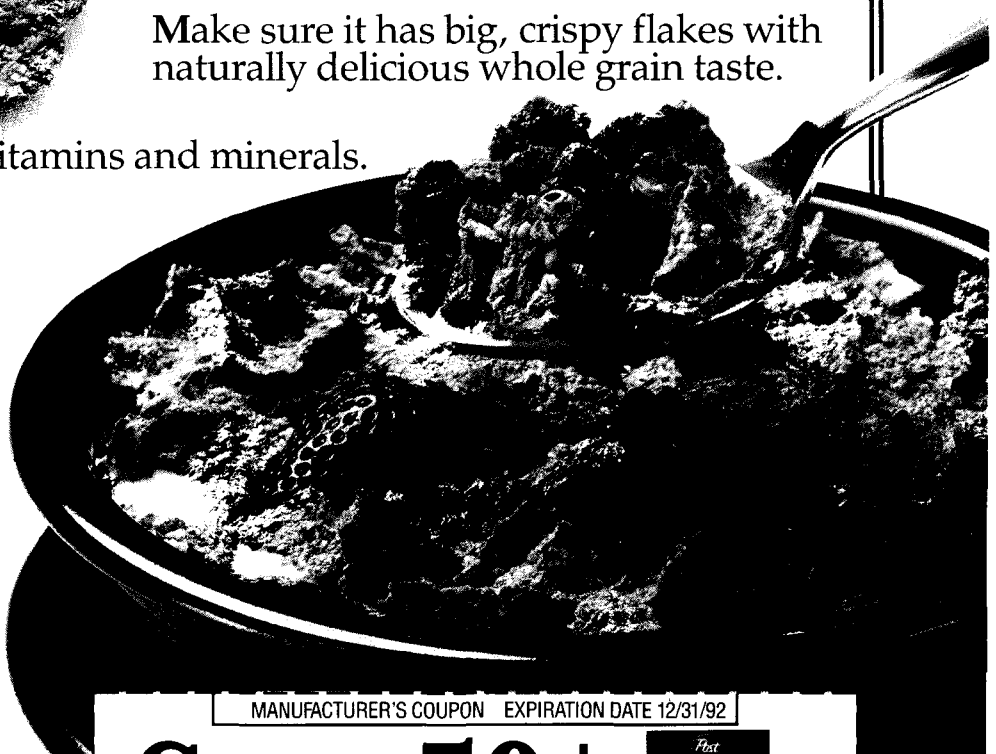

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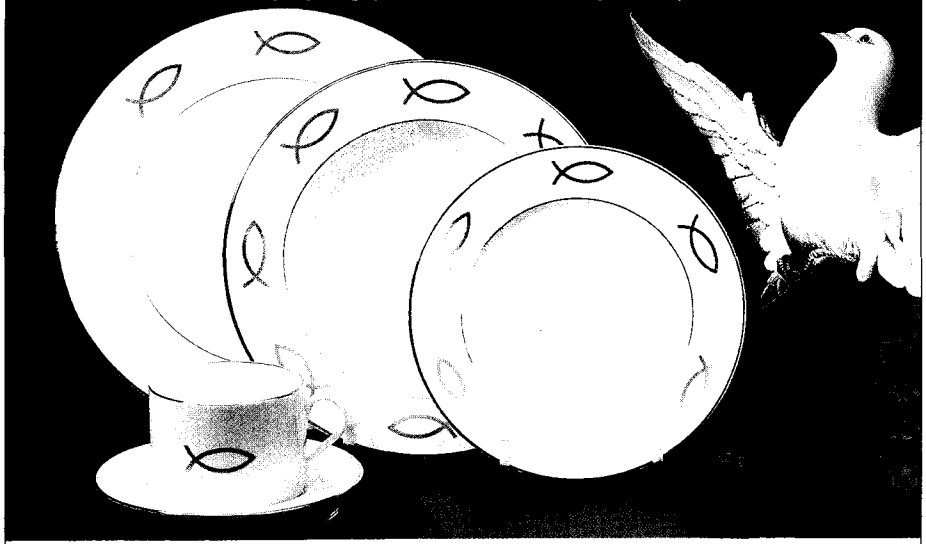

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to serve as a prostate cancer sounding board for Senator Dole and other such notables, now and hopefully in the future.

My thanks to you is unbounded. The help arrives too late for many, but our sons will certainly benefit.

We might hope that one of your featured notables, Dr. Fred Lee, would share his personal medical record journal with us via the *SatEvePost*. There are 13 prostate cancer designated treatment stages ranging from A to D-3. At some of these stages, the treatment options are limited; in the later stages, however, a wider range of choices is available, none ultimately effective. While these choices may be dependent on the aggressiveness of the cancer and many other factors, how Dr. Lee, an expert, has selected a survival program for himself from the range of methods now available would be helpful to many of us.

Ms. C. Spring
Springfield, Illinois

It shouldn't take any of us with prostate cancer very long to work up a head of steam raving about your July/Aug. '92 issue.

Getting a senator, a Supreme Court justice, a couple of famous journalists, a whiz quarterback, and a medical expert all to step out of the closet, so to speak, and talk about their prostate cancer, is a wonder in itself, but to pull it all together in one issue is a stunner.

I feel we are on our way. We want to emulate the ladies and have prostate cancer discussed as openly and freely as breast cancer. We're perhaps five or six years behind the ladies on this, but your current issue certainly gives us a running leg up on the rung to equality with their openness.

Jack Albritton
Petersburg, Illinois

Behind Willkie

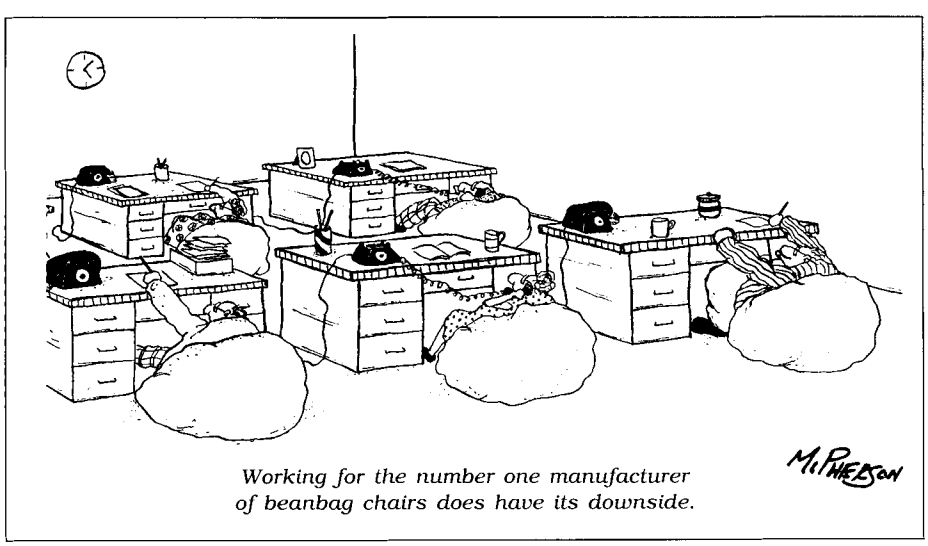
The picture with the article "One World of Wendell Willkie" brought back memories of my husband telling of that hot day in August. He was one of the Indiana State Police riding the motorcycles guarding Mr. Willkie.

Mrs. Walter La Hayne
Connersville, Indiana

In the photo on page 30, at the right of Willkie's head, in the front row of spectators, stands my sister, Maxine (Mrs. Marion) Johnson of Elwood, Indiana, and my Aunt Lida (Mrs. Frank) Teeters of Lapel, Indiana.

I grew up in Elwood and graduated from Elwood High School (now Wendell Willkie H.S.) in 1923.

When in high school I attended the Presbyterian church where Wendell's



Working for the number one manufacturer of beanbag chairs does have its downside.

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sister was my Sunday school teacher. I also met his father and mother, both attorneys, while I was working for Dr. C. C. Cotton in 1924 and had to deliver some papers to their office across the street from the doctor's office.

I hope you can see why this article on Wendell Willkie really struck "home" to me.

Mildred L. Maesenich
Clearwater, Florida

Painfully Funny

The *Post* has caused convulsions around here. This may or may not be a medical problem but the net result has been severe pain in the abdomen, excessive tearing, and general weakness. The cause: Maynard Good Stoddard's narrative, "Summer of My Discontent." He has out-Stoddarded Stoddard. In short, this has to be his high watermark, his masterwork.

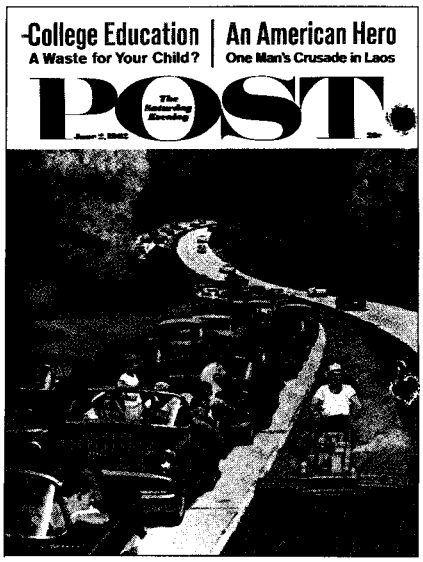
Tom E. Moore
Madison, Virginia

A Real Snow Job

In the July/Aug. '92 issue of *The Saturday Evening Post*, one of the past *Post* covers featured in "American Illustrators Hall of Fame," page 52, reminded me of a similar scene during the winter of 1960-61.

I lived on a farm and worked at IBM, Owego, New York. On this particular day, ten inches of snow fell unexpectedly in the wee hours of the morning, catching the highway crews off guard.

The only way that I was able to report for work on time was to bundle up and drive my trusty farm tractor with its snow blade.



Getting to work was no problem; however, returning home proved to be exciting. Car after car was passing my slower tractor and soon were lost from my view over the top of the hill.

Imagine my surprise as I reached the top and saw a long line of cars stalled behind several that were stuck in fresh drifts of snow.

Now it was my turn to pass them, waving at the drivers as they had waved at me, until I reached the front of the line.

A few minutes of plowing and making tracks through the remaining drifts got the traffic moving again and "made my day."

Warren G. Olin
Owego, New York

Wagon Ho!

[Re: "Roughing It," July/Aug. '92 *SEP.*] In July, 1991, my husband and I became instant cowboys for four days and three nights and loved every bit of it, with the help of "Wagons West."

We hadn't ridden a horse in over 20 years. The Taylors and Madsen took good care of us, and fed us wonderful meals.

We had many "helping hands" to make sure we were comfortable and to help us up on the horses and mules.

The flowers, bushes, streams, and lovely mountains of the Grand Tetons were a sight to behold; it's "God's country." We will take another trip.

Frank and Betty Wetherington
Mulberry, Florida

Cover Story

I read the article entitled "Come to the Dance," Jan./Feb. '92 in *The*

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Award-winning American artist Lars Justinen has created a truly sensitive symbol of Christ's sacrifice in the oil painting **"What Happened to Your Hand?"** This beautiful reminder of God's love beckons us to witness the innocent discovery of God's greatest Gift.

The Patina House Gallery is pleased to offer this uniquely touching work of art as a museum-quality limited edition lithograph. Printed on the finest acid-free art paper and using only permanent inks, the edition is limited to just 2400 (less than 50 per state) and signed by the artist. In addition, our gallery ships your print already *double* matted with conservation matteboard and a solid brass title plate, as shown above. A signed and numbered Certificate of Authenticity is included, of course.

"What Happened to Your Hand?" is not only a valuable work of art, it is an inspiring gift—one that will often invite the thoughts heavenward.

Because of the limited number of this edition, you may need to reserve your lithograph soon to avoid disappointment.

Please send me **"What Happened to Your Hand?"**
Price—$85.00 plus $4.75 shipping and handling.

Write to:
Patina House Gallery
110 12th Ave. South
Nampa, Idaho 83651

❑ Check or M.O. enclosed.
❑ Charge my credit card:
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Saturday Evening Post. I was very excited about the possibility of these beautiful dance illustrations being available as posters or reproductions.

I would like to buy or rent these posters if possible. I am involved in planning a Michigan Swing Dance Championship in September 1992 and I know many people would enjoy these posters.

Please let me know if there is any way I can obtain these illustrations.

Beverly Bertrand
Grand Blanc, Michigan

For the past 12 years, Huntsville has held a benefit dance for the Cardiac Care Unit of the Huntsville Hospital. Because of our Deep-South heritage, this dance is fittingly called "Cotton Ball" and is held in September as a celebration of the cotton harvest.

Cotton bales and magnolia blossoms, along with backdrops of a plantation home, were the motif. The glitzy gowns and tuxedos remain, but the emphasis this year has shifted from the Old South to a healthy heart—with dancing the focal point.

Our problem this year is finding decorations depicting dancing for a healthy heart. When we saw your Jan./Feb. and July/Aug. issues of the *Post* with the dancing posters, they

seemed an answer to our prayers.

Is it possible for the Cotton Ball in Huntsville to "borrow" some of your dancing posters for our September 18 ball, featuring Guy Lombardo's Orchestra directed by Al Pierson. Two would be fantastic gracing the stairway on each side of the entrance hall.

The ball is held each year at the Von Braun Civic Center and is attended by 400-600 dancers. In the 12 years since its conception, we have donated over $168,000 to the Cardiac Care Unit. More is expected this year since we are keeping our expenses to the minimum with as many "freebies" as possible.

If we may use some of your posters, I will need to know as soon as possible. Our second newspaper publicity will be the last of August and it would be great having one of the posters in the background for a photo shot.

Thanks for your consideration.

Francis Luncy
Cotton Ball Publicity Committee
Huntsville, Alabama

Editor's note: Call David Sykes at (317) 636-8881 about borrowing dance posters.

A Prodigal Returns

I have fond memories of your magazine. As a child, I used to love to look at the pictures and cover drawings, and read "You Be the Judge," the articles, and especially the cartoons.

I have not seen your publication for many years, but I did have the opportunity to read your last two issues. It was a pleasure to once again peruse its pages. The photographs, the illustrations, the articles—were entertaining, uplifting, and edifying.

It was also great to see the generous sprinkling of original, very amusing cartoons. In this age of stress, it's nice to have a good laugh.

I wish your quality publication much success. I will be sure to look for and purchase future issues.

Susan Conklin
Sloansville, New York

Wanted: Wodehouse

There is a great need—yea—a tremendous need—today for an abundance of P.G. Wodehouse.

In days of yore, I can recall you printed his stories. Could you find it in your heart to run some more of "Plum" Wodehouse? You would make this old lady very happy—a state of mind that could very well be highly contagious.

Katherine Klein
Hemet, California

You're Welcome

I was having a "one of those days" day . . . and then things picked up. When I got home and read my *Post*, I relaxed and boy, did I laugh. What great cartoons and jokes. Thanks.

Logan Gerling
San Francisco, California

"No one has the guts to open it."

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"Great Spirit, Guide Me Today"

by

• 23K gold rim
• Limited edition

Shown smaller than actual size of 8 ¼"

In the shadowy mist of early morning, a noble Indian warrior raises his arms to the heavens, asking the Great Spirit to send his guidance on this day.

This is the breathtaking scene captured in "Deliverance" — the remarkable, *first-ever* collector plate by acclaimed Western artist Chuck Ren. Ren has created a striking portrait of an Indian warrior — dressed in buckskins and beaded vest, his head crowned with a magnificent full-feathered war headdress, representing a stately portrait of great courage and strength.

"Deliverance" premieres the artist's *Mystic Warriors* Plate Collection. Each fine porcelain plate will be limited to a total of 28 firing days, hand-numbered on its reverse, and accompanied by a Certificate of Authenticity. The Hamilton Collection **100% Buy-Back Guarantee** assures that you may return any plate within 30 days of receipt for a prompt replacement or a full refund.

DELIVERANCE

Considering the popularity of Ren's original works and the fact that this is his *first-ever* collector plate, a strong response to "Deliverance" is anticipated. Applications will be considered in order of receipt. Submit yours without delay!

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Respond by: October 31, 1992
Limit: Two plates per collector

Please accept my application for _____ (1 or 2) "Deliverance" plate(s) at $29.50* (plus $2.68 shipping and handling) each, payable in two monthly installments.

I enclose my first installment of $_____ ($16.09 for 1 or $32.18 for 2 plates) by: Check one:
☐ Check or money order enclosed
☐ Charge my: ☐ Visa ☐ MasterCard ☐ Amer. Express

Acct. No. _____

Exp. Date _____ **WTM1 QD BA**

Ms./Mrs./Mr. _____

Address _____

City _____ State _____ Zip _____

Telephone (_____) _____

Signature _____

***FL residents add $0.89 per plate payment for state sales tax.** *All applications must be signed and are subject to acceptance.* Please allow 6-8 weeks from receipt of your application for shipment.

The Hamilton Collection
4810 Executive Park Ct., P.O.Box 44051
Jacksonville, FL 32231-4051

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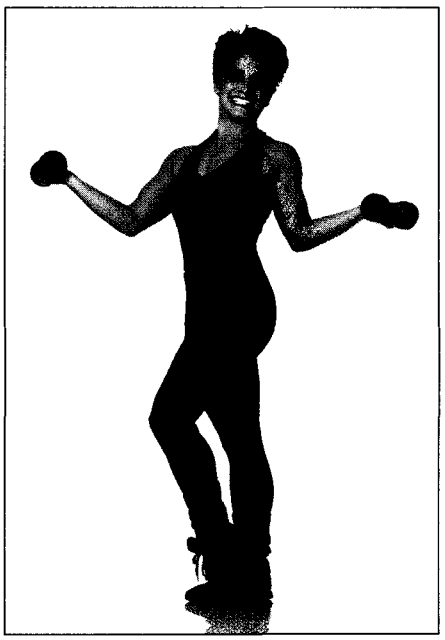
Post People

The resemblance is plain enough, but who the young man resembles may take a bit of mindsearching . . . Oh, sure. He looks like his namesake grandfather, Boris Yeltsin, President of the Russian Federation. Touring the U.S. with a group of young Russians, ***Boris*** stopped by the Children's Better Health Institute Fitness Farm on a muggy day this summer. While there he displayed his driving skills in the

Fitness Farm golf cart and tried his hand at tennis (taught him by his famous grandfather). What does he think of America? Young Boris came right to the point in excellent English. "It's hot," he told a local television interviewer.

If you are bettin' on Retton (***Mary Lou Retton***, that is), you're a winner. It was not enough for her to catapult to international fame by winning the All-Around Gold Medal in women's gymnastics at the 1984 Olympic Games in Los Angeles. Not enough to be the first American woman to take the gold in that demanding event. Nor to become the most sought-after motivational speaker in the nation, and a spokesperson for many leading corporations.

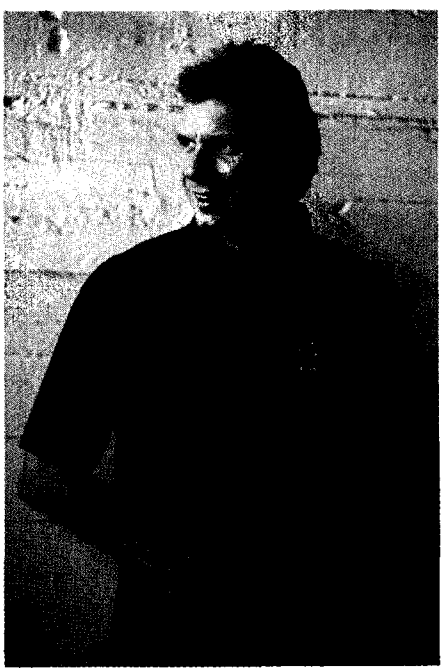
Besides serving as guest columnist for *USA Today* reporting on the 1992 Summer Olympics in Barcelona, Mary Lou Retton was also there as a member of the U.S. delegation, headed by Arnold Schwarzenegger, Chairman of the President's Council on Physical Fitness and Sports.



"Mary Lou is not only one of America's greatest athletes," Schwarzenegger says, "she is also one of the most fit people I know."

Joe Montana on a walking workout? Yes, that handsome, 6-foot-2-inch, 195-pound hunk is none other than the San Francisco 49ers' quarterback, called by none other than Joe Namath the greatest quarterback ever.

But shouldn't he be dripping sweat, slaloming among trees, or doing something a tad more strenuous? No. After a 13-year career that has fattened his wallet (about $13 million on his latest four-year contract), damaged his knees, injured his back, bruised his elbows, and played hob with his shoulders, he has discovered that walking provides a welcome, low-impact cross-training option that he can share with wife Jennifer and their three children.



"You really can't know the benefits of walking until you try it," Joe says (becoming a believer after seeing a beefy teammate shed 40 unnecessary pounds). He still plays basketball however, swims, and plays tennis on his new court. But don't get too close to him on those morning walks—no telling when he'll suddenly break into a sprint.

In her own "little house" in San Fernando Valley, where she wears ankle boots and gingham dresses bakes bread, and tends to her 3-year-old son Dakota and a collection of animals, ***Melissa Gilbert*** has, she says, "evolved back to 'Little House on the Prairie' " (the series she began in at age 9).

Since that TV blockbuster took its final bow nearly a decade ago, Melissa has formed her own production company, appeared in a dozen TV movies, dropped 25 pounds, salvaged her marriage to writer/actor Bo Brinkman, and this fall stars in a promising Sunday night sitcom "Stand By Your Man" on Fox TV.

Small wonder that a friend of 2 years recently remarked, "I've never seen her as happy as she is now."

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In every little girl's heart, there's a special place.

Every charming detail is hand-painted.

Shown approximately actual size of 4¼ x 3¼ x 3¼ inches high.

Presenting "Springbridge Cottage"

An intricately detailed hand-painted sculpture...featuring its very own figurine!

Long ago, the childhood memories of young girls like Rebecca began in cozy rose-covered cottages like this. Now those memories are recaptured for all of us in "Springbridge Cottage," premier issue in the *Stonefield Valley* collection of architectural sculptures designed by award-winning artists Kenneth and Hope LeVan.

Measuring just 3¼ inches high, this fascinating work of art, hand-painted in 31 colors, will charm you with its many intricate details. Hold this sculpture in the palm of your hand, and marvel at the tiny stairway, sculpted stone walls and wooden shingles, the climbing roses and ivy... and of course, the delicate figurine of young Rebecca seated on the small stone bridge.

David Winter's "Woodcutter's Cottage" *(John Hine Studios)*
Issue Price: $87.00
Current Quote: $210.00*

"Stone Cottage" *(Lilliput Lane)*
Issue Price: $40.00
Current Quote: $200.00*

"Jacob Adams House" *(Dept. 56)*
Issue Price: $65.00
Current Quote: $200.00*

*As reported in the Collectibles Market Guide and Price Index for 1992. Number and source of sales not reported. Resale prices realized by individual collectors may be lower.

Architectural sculpture — an acquisition to build upon.

As you recall your own childhood days, you'll be captivated by the artistry and craftsmanship of "Springbridge Cottage." You'll also be impressed by its low $34.90 issue price — a remarkable value compared to most other cottage sculptures.

The low issue price becomes even more attractive when you consider the potential for future price appreciation some exceptional architectural sculptures enjoy. *Not all sculptures go up in value, and some go down.* But "Springbridge Cottage," as one of only a very few sculptures to be awarded Landmark Status by the Hawthorne Architectural Register, seems well-positioned to join successful sculptures like those shown in the chart.

As a true collector's item and a potential heirloom, "Springbridge Cottage" comes with a hand-numbered Deed of Ownership and Certificate of Authenticity, plus floor plans and descriptive literature.

With the Hawthorne Architectural Register's *Five-Year Guarantee*, you can now acquire "Springbridge Cottage" risk-free. But please return the order form today.

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9210 N. Maryland Ave., Niles, IL 60648-1322

ORDER FORM

Please return this reservation by
October 31, 1992

Limit: *One sculpture per order.*

Please enter my reservation/order for "Springbridge Cottage." I understand that I need send no money now. I will pay for my sculpture in two monthly installments of $17.45† each, the first payable before shipment.

If I'm not completely satisfied, I have ***five full years*** *to return my sculpture for replacement or full refund.*

Circle one:
Mrs. Miss
Ms. Mr. _____
Name (please print)

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HEARTBEAT

The Healthy Heart Recipes

LET'S DRINK TO LOWER CHOLESTEROL

Concord grapes and grape juice now join the growing list of foods that may help prevent heart disease.

Illustration by Sarah S.S. Weber

There's good news for grape lovers. A glass of grape juice not only tastes great but may actually help lower cholesterol.

A Cornell University plant scientist, Dr. Leroy Creasy, identified a chemical in grapes that is believed to reduce heart disease risk. The chemical is resveratrol, a natural compound grapes use to fight fungal disease. When French researchers reported in the *Journal of Applied Cardiology* last year that drinking red wine lowered cholesterol levels in humans, Dr. Creasy suspected resveratrol might be responsible. Resveratrol is found primarily in the grape skins, which are part of the fermenting process for red wines but not white wines. Dr. Creasy's hunch proved correct, and red wine drinkers toasted yet another reason to enjoy the fruit of the vine.

Besieged by non-wine drinkers clamoring to know if grape juice would deliver similar health benefits, Dr. Creasy analyzed Concord grape juice samples from three different geographical regions. His reply: a resounding "yes." Grape juice contains a significant and constant amount of resveratrol—not as much as in red wine, but enough to make drinking it a boon to good health.

What about jams, jellies, raisins, and baked products? Concord grape juice is the only product tested so far, but Dr. Creasy is busy analyzing related grape products for resveratrol content. While the jury is still out on resveratrol in baked or cooked foods, adding grapes, which are naturally high in fiber, to fiber-rich recipes using grains such as oat bran, might double the heart-healthy benefits of the recipes. And nothing tops the flavor of juicy, ripe grapes in drinks, breads, salads, desserts, even entrees.

Wake up in high-fiber fashion to Spiced Fruits with Brunch Pancakes, which features a unique blend of apples, pears, apricots, oranges, and red grapes, lightly seasoned with cinnamon and cloves—pancakes will never be the same. Children and adults will love the Grape Juice Fluff, a healthy alternative to sugary soft drinks. Who says healthy doesn't taste good?

♥ ♥ ♥

Grape Juice Fluff
(Makes 6 portions about ⅔ cup each)

½ cup dry powdered skim milk
½ cup ice water
1 tablespoon gelatin
1½ cups Concord grape juice
¼ cup honey
1 tablespoon lemon juice
2 egg whites, dehydrated, reconstituted

Beat together dry powdered milk and ice water in small bowl until peaks form. Set aside in refrigerator.

Soften gelatin in ½ cup grape juice for 5 minutes. Heat remaining grape juice, add honey and gelatin mixture, and stir until blended. Add lemon juice. Remove from stove and cool.

Beat egg whites until stiff. Fold egg whites into gelatin and grape mixture. Spoon half the mixture into parfait

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glasses. Fold beaten powdered milk into remaining mixture until no traces of white remain.

Fill tops of parfait glasses with this mixture. Chill 1-2 hours before serving.

Per Serving (1 portion):
Calories: 129 Sodium: 81 mg
Protein: 5.8 gm Cholesterol: 2 mg
Fat: 0.1 gm Carbohydrate: 26.2 gm
Diabetic exchanges: 1 fruit +1 skim milk

♥ ♥ ♥

Grape Milkshake

(Makes 4 glasses about 1 cup each)

2 cups skim milk
1 cup Concord grape juice
1 cup fat-free strawberry ice cream or low-fat frozen strawberry yogurt
¼ cup egg substitute

Combine all ingredients in blender. Blend until smooth and frothy. Pour into glasses and serve.

Per Serving:
Calories: 137 Sodium: 106 mg
Protein: 6.4 gm Cholesterol: 2 mg
Fat: 0.5 gm Carbohydrate: 26.7 gm
Diabetic exchanges: 1 cup skim milk + 1 fruit

♥ ♥ ♥

Spiced Fruits with Brunch Pancakes

(Makes about 8 to 10 portions)

1 medium Granny Smith apple, cored and sliced
½ teaspoon ground ginger
1 tablespoon margarine
1 medium green or red pear, cored and sliced
½ cup apricot fruit spread (not jam)
¼ cup dried apricots, chopped
½ teaspoon grated lemon peel
1 teaspoon lemon juice
¼ teaspoon ground cloves
¼ teaspoon ground cinnamon
1 orange, peeled and sectioned
½ cup red seedless grapes
½ cup Concord grapes
½ cup seedless green grapes
¾ cup egg substitute
¾ cup skim milk
3 tablespoons polyunsaturated margarine
¾ cup flour

In large non-stick skillet, cook apple and ginger in 1 tablespoon margarine over medium heat for about 5 minutes. Add pear, apricot fruit spread, apricots, lemon peel, lemon juice, cinnamon, and cloves. Continue cooking another 3-5 minutes until fruit is tender. Stir in orange sections and grapes and remove from skillet. Keep fruit mixture warm.

In same skillet melt 3 tablespoons margarine in preheated oven at 400° F. Meanwhile, beat egg substitute, skim milk, and flour together until well blended. Remove skillet from oven and pour in batter. Return skillet to oven and bake 25-30 minutes or until pancake is fluffy and browned.

Spoon warm fruit mixture into center of pancake. Serve warm.

Per Serving:
Calories: 166 Sodium: 72 mg
Protein: 4.6 gm Cholesterol: trace
Fat: 3.4 gm Carbohydrate: 29.2 gm
Diabetic exchanges: 1 bread + 1 fruit + 1 fat

♥ ♥ ♥

Grape Dumplings

(Makes 10 portions of 2 dumplings and sauce)

2 cups flour
4 teaspoons baking powder
2 tablespoons margarine
¾ cup skim milk
4 cups Concord grape juice
10 ounces grape jam
2 tablespoons lemon juice

Sift flour and baking powder into bowl. Cut in margarine until mixture resembles coarse meal. Stir in milk

continued on page 84

◀ ***Spiced Fruits with Brunch Pancakes***

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Health, Humor & Happiness... Gifts We'd Love to Give

You can come close with a gift subscription to *The Saturday Evening Post.* The *Post* has it all, from the famous *Post* humor to important health and medical features. A gift subscription will bring all of this and much more . . . all year long! The *Post* is on the cutting edge and ahead of the pack in bringing you the most up-to-date health, physical fitness, and medical information available.

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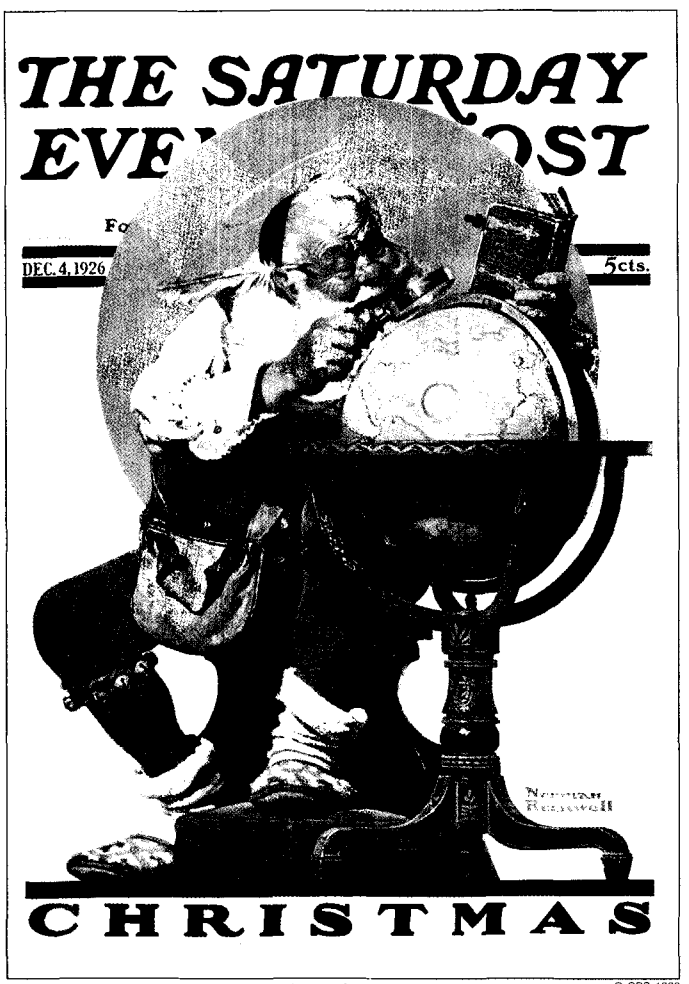

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New Christmas gift subscriptions begin with the January/February issue (mailed to recipient in December providing orders are received by December 1, 1992. After this date allow 4-6 weeks for delivery).

List additional gifts on separate sheet and include with your order. LD03

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FOOD

PIZZA IN STYLE

Greet luncheon guests with a smorgasbord of heart-healthy pizzas baked on a crispy whole wheat crust.

Kids love it, teens crave it, adults gobble it up in massive quantities. Let's face it, pizza is one of the most satisfying foods on the face of the earth. What's more, this ancient Roman culinary creation has received a thumbs-up from modern-day nutritionists. According to a Consumers Union study, a single serving of pizza provides 26 percent of the daily recommended intake of protein, 28 percent of the calcium, 19 percent of the riboflavin, 14 percent of the niacin and thiamin, and 10 percent of the vitamin A required by a teenage boy.

But what about fat, you may well ask. True, up to 32 percent of the calories in some commercial pizzas come from fat. Pizzaria and frozen pizzas may also be loaded with salt. But that's no reason to avoid pizza. You can make healthful and delicious pizzas at home using fresh, low-fat ingredients. Buy pizza dough ready-made, or better still, make your own dough and freeze it until the pizza craving hits, then simply spread the dough in a pan, toss on your favorite toppings, and put it in the oven for delicious homemade pizza in a matter of minutes. It's really as easy as pie.

Top pizzas with low-fat cheeses such as Gouda, Fontina, and Havarti. Experiment with fresh garden vegetables—zucchini, eggplant, broccoli, even potatoes are delicious atop a crispy pizza crust. For a cool low-cal lunch try a salad pizza—your favorite vegetables mixed with a tangy yogurt sauce or Neufchatel cheese.

Whole Wheat Pizza Crust

(Makes 2 large size pizzas)

2 cups all-purpose flour
2 cups whole wheat flour
2 packages yeast (or 2 tablespoons yeast granules)
1 tablespoon sugar
¼ cup olive oil
1½ cups warm water

Add yeast plus sugar to ½ cup warm (120° F.) water. Set aside 5-10 minutes to begin yeast development.

To flours add developed yeast, olive oil, and rest of water. Work mixture together with spoon or dough hook in mixing bowl until dough forms. Add extra flour or water as needed.

Form two equal balls and place each in bowl that has been sprayed

◀ *Double Cheese/Vegetable Pizza*

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A reflection of His divine grace... a Bradford Exchange recommendation

It is the greatest subject in Western art. And Spanish master José Fuentes de Salamanca's reverent portrait is at once familiar and inspiring, dramatically conveying both the human agony and the divine love etched in the Lord's face as he bows his head in pain and prayer. "Father, Forgive Them" is a major new work for the limited-edition plate medium. And, like exceptional plates that command hundreds of dollars on the plate market, "Father, Forgive Them" appears to have what it takes to go up in value once the edition closes.

Some exceptional plates appreciate in value; some plates go down, and many remain at or near issue price. However, "Father, Forgive Them" is issued in an edition strictly limited to a maximum of 150 firing days, and demand is expected to be strong. So, if you wish to obtain this plate at the $29.50 issue price, the time to act is now. To order your plate – fully backed by our 365-day unconditional guarantee – send no money now, simply complete and mail the coupon at right.

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Order Form for "Father, Forgive Them"

The Bradford Exchange
9345 Milwaukee Avenue
Chicago, IL 60648

Please respond by: **October 31, 1992**

Please enter my order for "Father, Forgive Them." I understand that I need SEND NO MONEY NOW. I will be billed $29.50* when my plate is shipped. *Limit: one plate per order.*

X _____ ( ) _____
Signature Telephone

Mr. Mrs. Ms. _____
(Circle One) Name (Please Print)

_____
Address

_____
City State Zip

*Plus a total of $3.49 postage and handling, and sales tax where applicable.
The plate price in Canada is $39.50. Pending credit approval.

7521-E91591

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with non-caloric vegetable-based spray. Cover and let rise in warm place about 1 hour.

Roll into thin circles 12 to 14 inches in diameter (large size pizza). Place in pizza pan that has been sprayed with a vegetable-based non-caloric spray. Add topping and bake in 350° F. oven.

1 large size crust:
Calories: 1,172 Sodium: 17 mg
Protein: 32.1 gm Cholesterol: 0 mg
Fat: 31.7 gm Carbohydrate: 189.3 gm

Double Cheese/Vegetable Pizza

(Makes 12 slices from the round pan or 15 pieces 3x3⅓ inches from the flat pan)

1 Whole Wheat Pizza Crust
1 tablespoon margarine
4 cups green, red, and yellow sweet peppers, cut into rings, strips, or slices
1 cup sliced sweet onion
1 teaspoon minced garlic
1½ teaspoon crushed tarragon leaves
12 ounces chopped plum tomatoes
3 ounces shredded Gouda cheese
3 ounces shredded Edam cheese (or substitute 2 of your favorite cheeses)

Lightly spray 14- to 16-inch pizza pan or 15- by 10-inch jelly roll pan with non-caloric vegetable-based spray. Stretch or roll out dough to fit pan, forming ridge with dough at edges. Bake 7-10 minutes or until golden brown; set aside.

Meanwhile, in large skillet, heat margarine until melted. Add peppers, onion, garlic and tarragon; cover and cook, stirring occasionally, until crisp-tender, about 5 minutes.

Spread over baked crust, and place tomatoes in ring around the edge. Bake until crust is crisp, about 18-20 minutes. Sprinkle with cheeses. Bake at 350° F. until cheeses melt, about 2-4 minutes.

Per Serving (per slice):
Calories: 176 Sodium: 191 mg
Protein: 7.1 gm Cholesterol: 14 mg
Fat: 7.2 gm Carbohydrate: 20.7 gm
Fiber: 2.6 gm
Diabetic exchanges: 1 bread + 1 vegetable + 1 medium fat meat + ½ fat

Summer Squash Pizza

(Makes 1 large pizza of 10-12 slices)

1 Whole Wheat Pizza Crust
1 cup sliced zucchini
1 cup sliced crookneck squash
1 cup chopped onions
1 teaspoon onion powder
1 teaspoon butter flavoring
4 ounces shredded Edam cheese (about 1 cup)

Place pizza crust in pan that has been sprayed with non-caloric, vegetable-based spray. Top with summer squash and chopped onion.

Sprinkle onion powder then butter flavoring over vegetables. Top with shredded cheese.

Bake at 350° F. for 20-25 minutes or until crust is cooked.

Per Serving (1/12 pizza):
Calories: 141 Sodium: 121 mg
Protein: 5.7 gm Cholesterol: 7 mg
Fat: 5.1 gm Carbohydrate: 18.1 gm
Diabetic exchanges: 1 bread + 1 vegetable + 1 fat

"I finally got in touch with my inner self, and she's as confused as I am."

Low-Fat Traditional Pizza

(Makes 1 large pizza of 10-12 slices)

1 Whole Wheat Pizza Crust
8 ounces skinless turkey breast, ground
8 ounces low-sodium tomato sauce
1 tablespoon Italian seasoning
1 cup chopped onions
4 ounces shredded low-fat mozzarella cheese (about 1 cup)

Place pizza crust in pan that has been sprayed with non-caloric, vegetable-based spray. Brown turkey and drain excess fat. Add tomato sauce, spice and onions to cooked turkey. Mix together well, then top pizza crust with mixture.

Top pizza with shredded cheese.

Bake at 350° F. for about 25 minutes or until crust is done.

Per Serving (1/12 pizza):
Calories: 173 Sodium: 85 mg
Protein: 9.0 gm Cholesterol: 15 mg
Fat: 5.6 gm Carbohydrate: 18.5 gm
Diabetic exchanges: 1 bread + 1 medium-fat meat + ½ vegetable

Jarlsburg Pizza

(Makes 1 large pizza of 10-12 slices)

1 Whole Wheat Pizza Crust
1 cup sliced mushrooms
1 cup chopped onions
1 cup chopped green pepper
1 cup chopped red pepper
1 tablespoon garlic butter flavoring
4 ounces Jarlsburg cheese, grated (¾-1 cup)

Place pizza crust in pan that has been sprayed with non-caloric, vegetable based spray. Top with vegetables in any pattern desired. Sprinkle garlic butter flavoring over vegetables and top with cheese.

Bake at 350° F. about 25-30 minutes or until crust is done.

Per Serving (1/12 pizza):
Calories: 146 Sodium: 83 mg
Protein: 5.5 gm Cholesterol: 6 mg
Fat: 5.1 gm Carbohydrate: 19.4 gm
Diabetic exchanges: 1 bread + 1 vegetable + 1 fat

Potato Pizza

(Makes 1 large pizza of 10-12 slices)

1 Whole Wheat Pizza Crust
1 cup water
2 tablespoons all-purpose flour

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2 teaspoons low-sodium chicken broth granules
1 teaspoon garlic butter flavoring
4 medium red potatoes, cleaned and sliced with skin left on
4 ounces Fontina cheese, shredded (¾-1 cup)

Combine water, flour, low-sodium chicken broth granules, and garlic butter flavoring in small saucepan. Bring to boil, then simmer until sauce is thickened.

Fold potatoes into sauce and top pizza crust which has been placed in pan sprayed with non-caloric, vegetable-based spray.

Top with cheese and bake at 350° F. for 25-30 minutes or until crust is done and potatoes are tender. If desired, wait 15 minutes into baking time to top with shredded cheese.

Per Serving (1/12 pizza):
Calories: 178 Sodium: 115 mg
Protein: 6.3 gm Cholesterol: 11 mg
Fat: 5.7 gm Carbohydrate: 25.3 gm
Diabetic exchanges: 1½ bread + ½ medium-fat meat + ½ fat

Raw Vegetable Pizza
(Makes 10-12 pieces)

1 Whole Wheat Pizza Crust
1 large tomato, sliced
1 cup chopped cauliflower
1 cup chopped broccoli
1 cup sliced mushrooms
½ cup chopped green pepper
½ cup chopped red pepper
½ cup chopped yellow pepper
½ cup chopped onion
4 ounces garlic and herb Neufchatel cheese

Bake pizza crust in pan sprayed with non-caloric, vegetable-based spray at 350° F. for 20-30 minutes or until done. Let cool.

Spread Neufchatel cheese over baked pizza shell and top with vegetables. Serve immediately or chill.

Per Serving (1/12 pizza):
Calories: 141 Sodium: 58 mg
Protein: 4.5 gm Cholesterol: 8 mg
Fat: 5.1 gm Carbohydrate: 19.2 gm
Diabetic exchanges: 1 bread + 1 vegetable + 1 fat

Yogurt Salad Pizza
(Makes 1 large pizza of 10-12 slices)

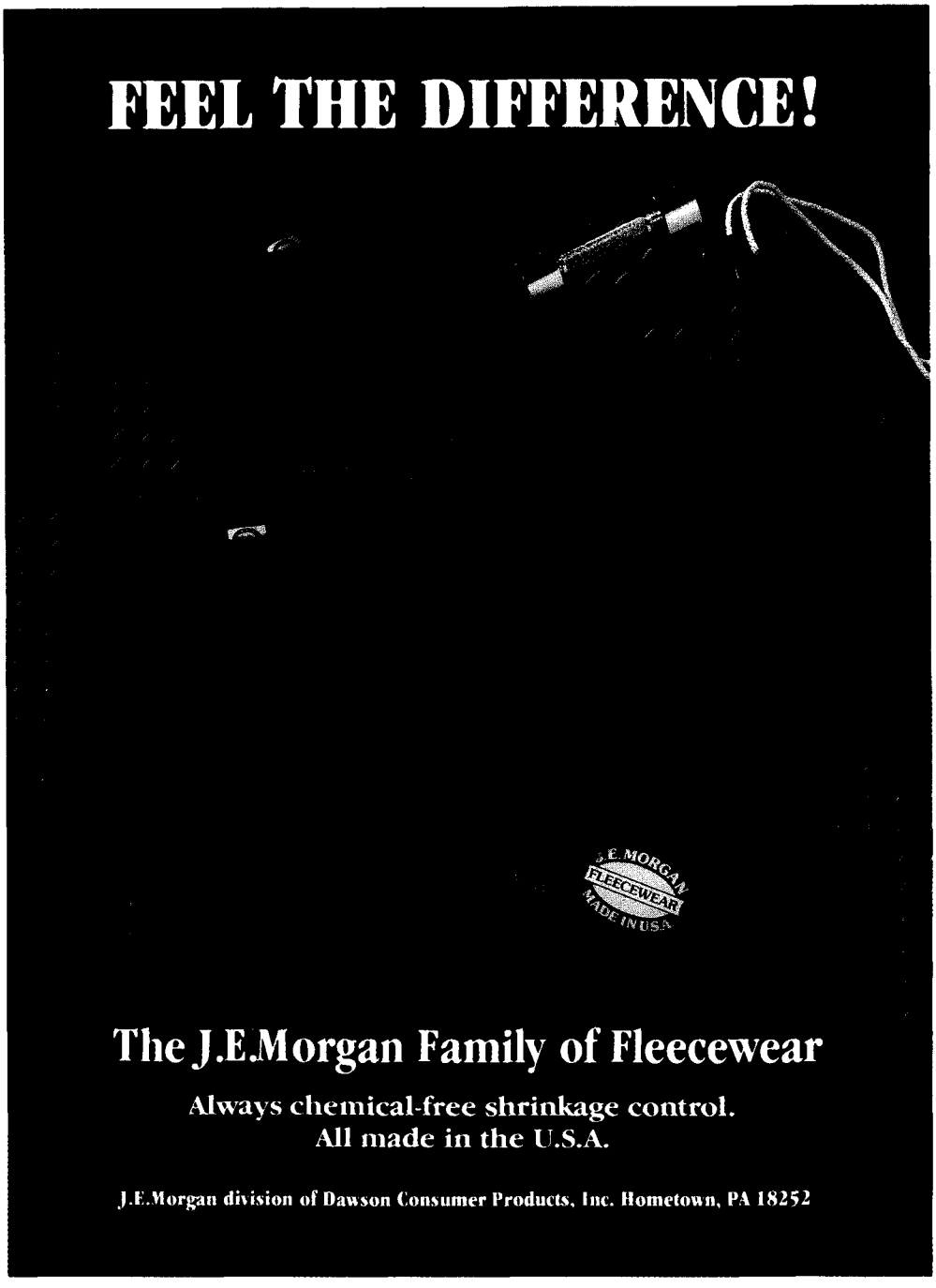
1 Whole Wheat Pizza Crust
1 large tomato, sliced
1 cup chopped cauliflower
1 cup chopped broccoli
½ cup shredded carrots
½ cup chopped onions
½ cup chopped green pepper
8 ounces plain low-fat yogurt
1 teaspoon onion powder
1 teaspoon garlic powder

Bake pizza crust in pan sprayed with non-caloric, vegetable-based spray at 350° F. for 20-30 minutes or until baked. Let cool.

Mix yogurt with onion and garlic powders. Spread about ½ cup over cooled, baked shell. Top with vegetables, arranging vegetables in attractive pattern.

Top vegetables with additional ½ cup yogurt mix and serve.

Per Serving (1/12 pizza):
Calories: 126 Sodium: 22 mg
Protein: 4.2 gm Cholesterol: 1.3 mg
Fat: 3.2 gm Carbohydrate: 20.0 gm
Diabetic exchanges: 1 bread + 1 vegetable + ½ fat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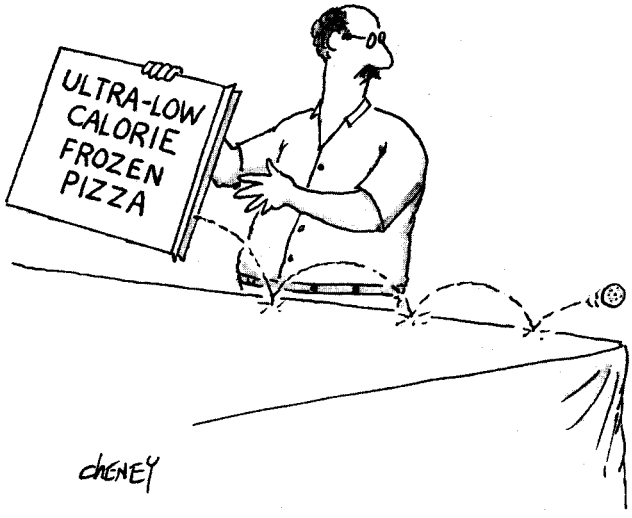
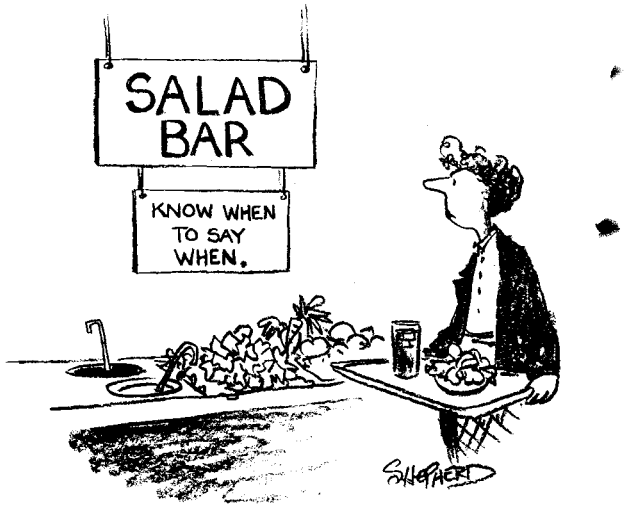


"Harriet's diet? . . . coming along just fine . . . easy as pie . . . piece of cake . . . bowl o' cherries . . . ."

"I told you that stuff's not good for you."



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Tommy Dorsey
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Take The "A" Train
Duke Ellington

(There'll Be Bluebirds Over) The White Cliffs Of Dover
Vera Lynn

Always
Gordon Jenkins

You Always Hurt The One You Love
Sammy Kaye vocal:
Billy Williams

A Nightingale Sang In Berkley Square
Glenn Miller
vocal: Ray Eberle

When The Lights Go On Again All Over The World
Vaughn Monroe

Sunrise Serenade
Glenn Miller
w/Tex Benecke

Temptation
Perry Como

Maria Elena
Jimmy Dorsey
vocal: Bob Eberly

(I'll Be With You) In Apple Blossom Time
Andrews Sisters

Auf Wiederseh'n Sweetheart
Vera Lynn

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Johnny Mercer

It Might As Well Be Spring
Paul Weston
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Charlie Spivak
vocal: Irene Daye

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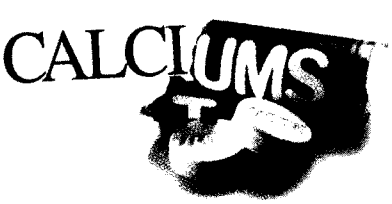

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C'MON, BIG MONEY!!

Being a contestant on TV's "Wheel of Fortune" takes more than just an aptitude for filling in the blanks.

by Laurie Eynon

It's all so easy from your living room. The answer is obvious, and, still, that befuddled contestant is wasting money buying vowels! I mean, where *do* they get the people for this show?

If you've ever watched "Wheel of Fortune" with this attitude, let me clue you in. The contestants you see on "Wheel" represent the crème de la crème of the vast numbers who vie for a spot on America's most-watched game show. Qualifying as a contestant on "Wheel of Fortune" is only slightly easier than winning the lottery. In fact, only about 5 percent of those tested will end up on the show. Trust me. I know.

I called "Wheel of Fortune" several weeks before my trip to Los Angeles. Contestant tryouts are held infrequently—perhaps only once or twice a month. I was fortunate that a tryout day coincided with my trip.

The call itself was one of the biggest hurdles; the line was always busy. Finally, I pushed the redial button on my phone every few minutes for two solid hours and got through. Then, I was put on hold for another 20 minutes. This experience, I discovered from my fellow contestant wanna-bes, is standard. Dogged persistence is necessary.

The voice on the other end of the phone asked why I was going to be in Los Angeles. If I were headed that way on business or vacation, fine. But they strongly discourage anyone from making a special trip to LA just to try out for the show.

"It could all be over for you in 15 minutes," they warn. "You could be very disappointed."

They seemed happy to sign me up for a tryout when I said that I had to be in Southern California to attend a conference that week. They also liked the fact that I was from Indiana. (They strive for geographical diversity in their contestants.)

I arrived at Columbia Studio Plaza in Burbank an hour before my 10:15 appointment. When I proceeded to the designated area, I was surprised to see about 100 other people. They all had 10:15 appointments, too.

What goes on before the Wheel spins can be as nerve-racking as the show itself, as potential players strive to prove they have what it takes for top billing with Pat and Vanna.

We were herded up a flight of stairs and into a room lined with rows of school desks.

Gary, our affable, upbeat host, loosened us up with card tricks and joking banter. He and Lisa, another staff member, briefed us. We were given short, stubby "Wheel of Fortune" pencils (our only keepsake of the day) and then given a written test designed to see how quickly we could solve puzzles.

To discourage any cheating, different tests, one on orange paper, one on white, were passed out to alternate rows. Still another test, on blue paper, was given to the two teenagers in our group. My row had the orange test.

Each test had 16 puzzles in four categories. For instance:

Same Name:
B__RB__R__ &
_____E__ B____

Thing:
__R__N__H
__R__SS__N__

We had five minutes to complete as many puzzles as possible. Several moments of panic set in as I stared at the page of disconnected letters. With the clock ticking away precious seconds and people around me scribbling furiously, my puzzle-solving skills seemed to evaporate.

But after I pencilled in "Barbara & Azalea Bush" (answer to the first puzzle above), I relaxed and started to concentrate. By the time the five minute bell went off, I had solved ten and a half puzzles. (We were told we would get partial credit for partially-solved puzzles.) My own half point came with the second puzzle above—"French Dressing." I got the "French" part, but after guessing "fries," "toast," "kiss," and "door," I grew frantic. I penciled in "crossant," even though I knew the correct spelling was "croissant." Maybe they had left out a blank.

Lisa and Gary left the room to grade our papers while the 100 of us chatted nervously.

"Did you get the Joe Montana one?" asked a woman who also had an orange test. Other contestants were nodding in assent.

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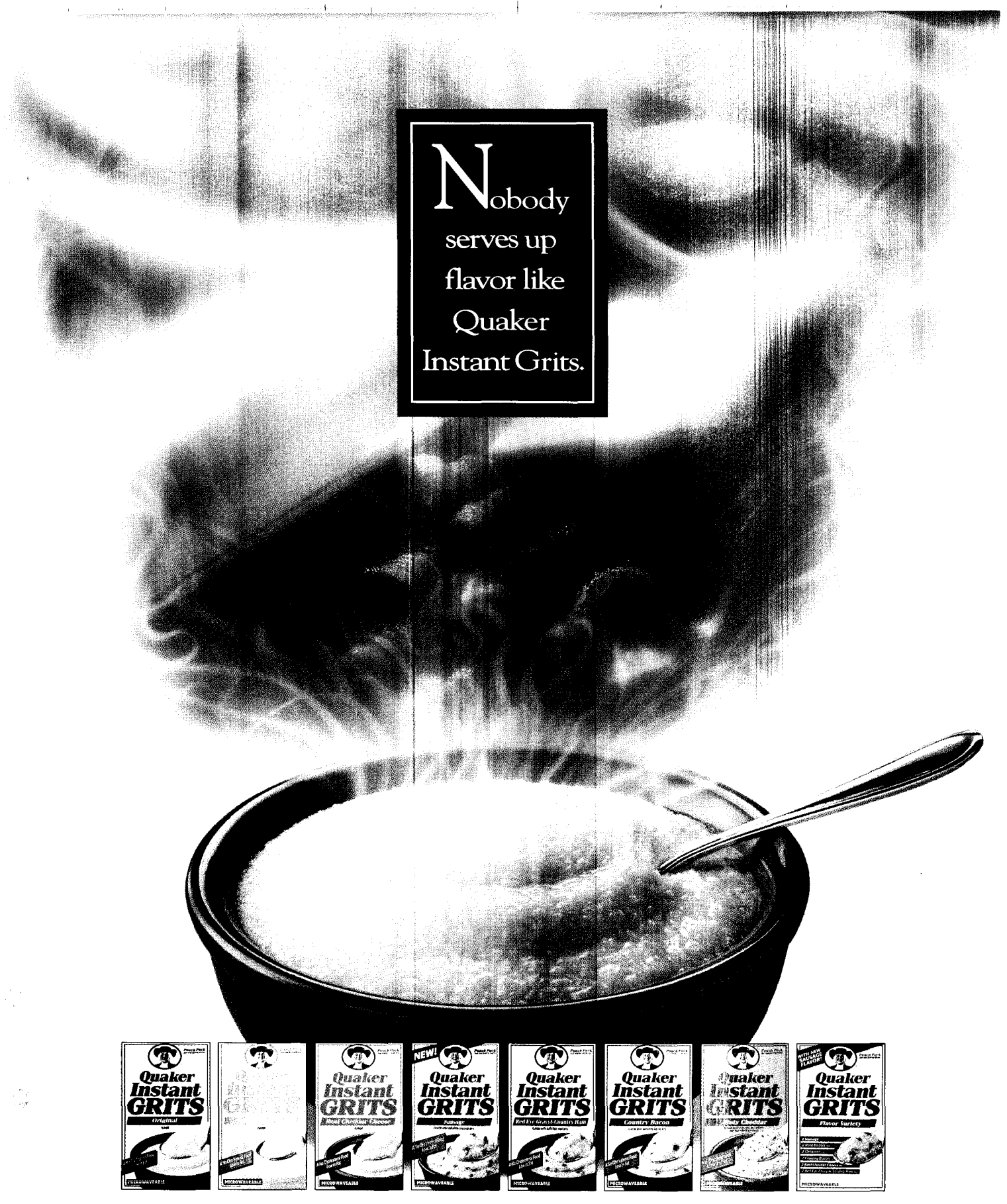

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"No," I replied glumly. I silently cursed myself for missing an obviously easy one.

However, I was not dismayed for long. When Gary and Lisa came back into the room with our tests, they told us that a score of eight and a half was needed to move into the next level of testing. I had made it!

Most had not. Within about 15 minutes, the 100 of us had been whittled down to 35. Many of the people eliminated were obviously very disappointed, but they left quietly with little grumbling.

So our group of 35 began playing simulated games against each other, just as it's done on TV except the puzzles were written on a dry-erase board and the wheel was a much smaller version, spun, not by us, but by Lisa. She controlled the spin, making sure that we landed on "Bankrupt" or "Lose a Turn" after three spins. The point was, after all, not to see how well we could solve puzzles—the written test had already determined that. What they were trying to determine now was how loudly and clearly we could speak, how upbeat and excited we could act, and how well we could follow the progress of the game.

Two people made a dreadful error: They called a letter that had already been called. If you made that error in this relatively low-pressure situation, imagine what you might do with TV cameras on you! I knew they would not survive the next cut.

Another girl was asked to speak up twice, and still her voice seemed small and meek. I knew she wouldn't make it, either.

Then the 35 of us were asked to tell about ourselves in 20 seconds, much as real contestants do at the beginning of each show.

Many people stood up and told about their "wonderful spouse," "great children," and their job with a "major corporation," just as you hear on the show many nights. The people who stood out managed to weasel in some interesting tidbit about their life.

During my 20 seconds, I managed to mention that the city I lived in was known for its architectural design. I mentioned my job as a Presbyterian church youth worker. And I spoke proudly about my two sons, one of whom is a Water Resources major at the University of Wisconsin.

Gary looked up and smiled at me on the architecture reference and the Water Resources mention. Then he scribbled something on my application. I knew I had scored a hit.

By 12:45 the morning session was over. After a brief consultation, Gary and Lisa announced the results of the next cut. Our group of 35 was now whittled down to 16. And I was one of them!

Staff members took our photographs before dismissing us for lunch. The photographs would be attached to our applications so names and faces could be easily placed.

We had about an hour to eat lunch. In the studio cafeteria, a group of us chatted nervously about our experience. Everyone discounted his or her own chances. Better to cushion the disappointment, I guess.

"That girl in the green dress is going to make it," someone said glumly. "She's so . . . perky."

I struck up a friendship with a handsome young naval officer. I had noticed during the morning session what a wonderful voice he had. Besides a lilting Louisiana accent, he spoke so loudly and crisply, you could almost hear him saluting. Between the good looks, the voice, and the uniform, I figured his chances were good.

When we returned to the testing room in the afternoon, we were surprised to find many more people, 40 to be exact. It seems that our original group of 100 had not been the only one. Apparently two other large groups had also gone through testing the day before. All 40 of us were at the same stage—the final stage.

For the afternoon session, we were joined by Nancy Jones, the show's producer. We never saw either Pat or Vanna, by the way. But you could tell that Nancy was the boss. Gary and Lisa were going to defer to her judgment.

Nancy told us to relax and have fun. Only about ten of our 40 would be chosen as contestants and might have as much as a year's wait before being on the show.

She complimented us on making it this far and told us not to feel discouraged if we didn't get picked.

"We might just have too many of your 'type,' " she said.

Our type? Yes. The show looks to feature a variety of "types" of people—retired schoolteachers from Omaha as well as cute young secretaries from San Diego. People who collect presidential memorabilia as well as those who frequent dog shows. They don't want their contestants all cut from the same mold.

So they took another look at all of us. We played more puzzles against each other, laughing and joking and cheering each other on. Some folks actually yelled, "C'mon, big money!" as Lisa spun the wheel.

Then we had to face the board alone, just as the winning contestant at the end of the show does. Nancy rarely looked up, except to fix each of our faces in her mind. She scribbled on our application papers as we each took a turn at solving a puzzle with

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only the LNRST and E showing.

My puzzle looked like this:

T__ __NTEN__ER

I could now pick three consonants and a vowel. For some reason, I thought the first word must be "THE" even though the "E" would have been showing if it were. So I picked an "H." Then I picked "C" and "D" and an "O" for my vowel.

They were good choices. I confidently announced "TOP CONTENDER." The group applauded.

Well, it was not such an amazing feat. Many people solved their puzzles with a lot fewer letters showing than mine. Besides, it was not our puzzle-solving abilities at stake here. It was our "type." My race, gender, age, profession, and hometown were simply either what they needed or not.

At 5 p.m., the day of testing was over. The ten who were picked for the show would be notified by letter in a few weeks. Those of us who did not make it would not hear at all.

As we left the testing room, most people were shaking their heads.

"I don't feel very good about my chances after that last session," said my naval officer friend. He hadn't been able to solve his puzzle. Did it make any difference?

I guess not. About two weeks after I returned home, I got a letter in the mail from him. He was pleasantly surprised to have gotten his letter from "Wheel of Fortune" informing him he had been selected for the show. He hoped that I had received mine.

I hadn't.

I let myself hope for a few more days. After all, perhaps there was some holdup in the mail from California to Indiana. But, no, it seemed that I would not get a chance to spin the wheel on TV and perhaps win a car, a trip to the Far East, or the coveted $25,000 cash.

I was left to ponder what I did wrong. I went over every second of the day's testing trying to figure out what I should have said or done. But, alas, I will have to comfort myself that they simply had too many of my type, even though I have never seen a middle-aged female church youth worker from Indiana on the show.

I still watch the show almost every night. I still sit in my living room and shout the answers. But I never make fun of the contestants anymore. I know what they had to go through to get there.

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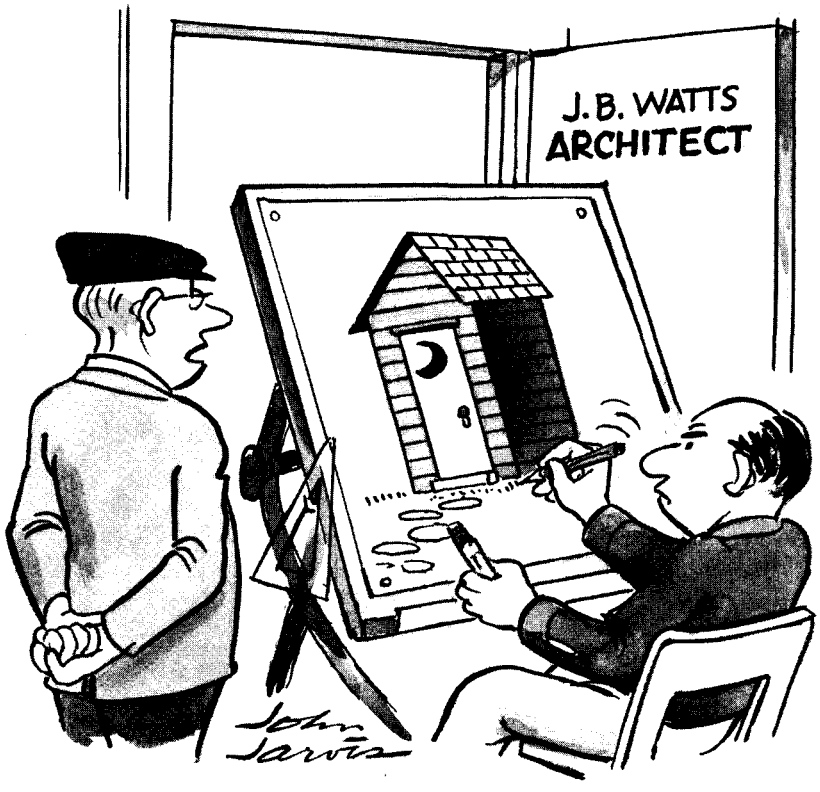

"I take it that business isn't exactly booming."

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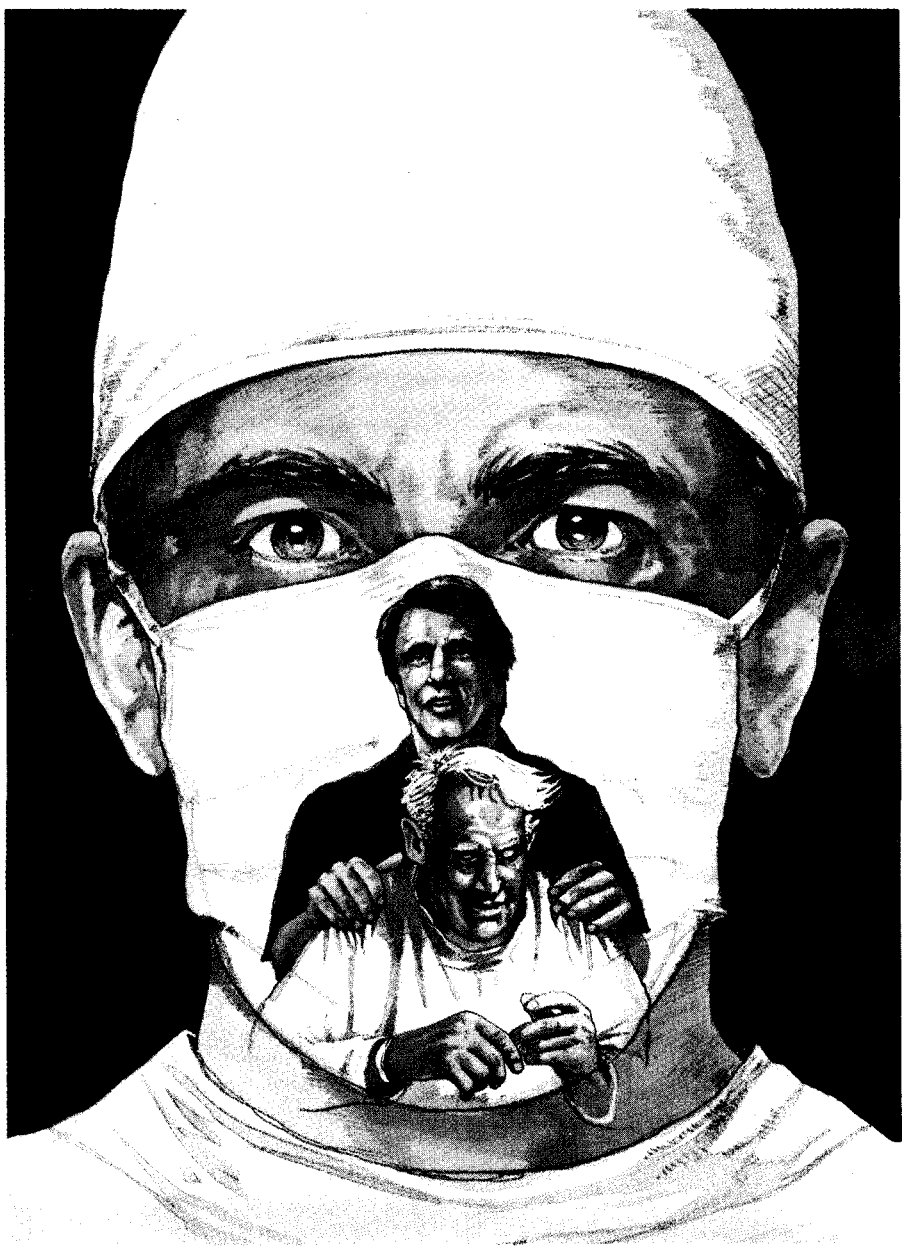
SPEAKING OUT

A STORY WORTH TELLING

If a doctor and a lawyer cannot get decent medical care for another doctor, what chance does the public have?

by Norman Paradis

Illustrated by Frederick H. Carlson



"I have seen physicians torture dying patients in vain attempts to prolong life," his father told him. "I have taken care of you for most of your life. Now I must ask for your help. Don't let them abuse me. No surgery, no chemotherapy."

It has been more than a year since my father died, and I have come to believe that the circumstances of his death demonstrate much of what is wrong with our medical system.

As I grew up, I heard so much about what a good and gentle physician my father was that at first I ran from the idea of becoming a physician myself. But at 35, I was well along in my own medical career and with pride brought him to Britain to hear me deliver a paper. He had trained there and wanted to find out what had become of his classmates. He seemed to lose some vitality when he heard they were all dead. In perfect health his whole life, he began to complain of back pain.

In the United States, he was examined by several internists. All his blood tests were normal, and they declared him healthy. Yet the pain persisted. We felt it might be spinal irritation and arranged for a neurologist to see him. This doctor said his CAT scan was normal, and he was reassuring; it may just be a pinched nerve, he said. "Your father is 75 years old, but doesn't look a day over 50." How could he know that just months earlier he had looked 40?

My mother called regularly. "He doesn't look well and has no appetite." Relatives agreed. His physicians did not. Then he developed a blood clot and was admitted to the university hospital. Blood clots are a sign of cancer, and I insisted that they work him up from head to toe. Another CAT scan showed a lesion in the pancreas, and others in the liver. Waves of pain passed over me as I realized that back pain, weight loss, and blood clots were the classic triad of pancreatic cancer.

I flew to his home to see him. Years of training did not prepare me to see my father ill. He looked old and frail. I went to radiology to see the CAT scan. When I put it in the light box, I knew that my father would soon die.

I asked the rest of the family to step outside so he and I could be alone. I could not stop my tears. He held me and whispered that everything would be OK. "Norman, I have been a surgeon for almost 50 years," he said. "In that time, I have seen physicians torture dying patients in vain attempts to prolong life. I have

continued on page 88

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See Why...

Where There's A Will Heirs Pay

Did you know that writing a Will may be one of the biggest mistakes we can make?

It's true!

A Will doesn't protect our loved ones against paying huge fees to lawyers, executors and courts for even the smallest estate. Probate can slice up to 10% or so from an estate and take months or years for final settlement.

In fact, the only thing worse than having just a Will is the nightmare that's created when you have no Will at all.

Because then the State steps in to decide who gets our assets -- our bank account, home, car, valuables, other possessions. Money we've worked so hard to earn is gobbled-up by court and legal fees before our heirs ever get one penny.

What can the average wage earner do to avoid the financial headaches of a Will? Plenty.

Today, under current laws anyone can eliminate costly legal and court fees with a little-known, simple legal paper called a Living Trust. And you don't have to be rich to enjoy it's benefits.

A Living Trust has been praised by our nation's leading financial planners, and reported in publications such as The Wall Street Journal, Money Magazine, Business Week and others because:

- It eliminates the costly and lengthy probate process. The estate goes directly to your heirs without going through the courts.
- It eliminates the need for an attorney and legal fees that cut your estate. Does away with all court costs, too.
- It gives you complete control of your estate to make sure that all your wishes are carried out.
- A Living Trust is revocable, which means that you can change your mind at any time about who is going to receive your assets.
- It gives you the right in most cases to name yourself as a trustee, and your spouse or someone else as a co-trustee. Plus the right to change trustees at any time.
- If you own out of state real estate, like a vacation house or cabin, you can save a bundle by avoiding the need for probate in a second state.
- Unlike a Will where your finances and everything you own is a matter of public record for anyone to see, a Living Trust is secret.

The Wall Street Journal reported that it takes two years to complete the average probate in California. The article also stated that since a Living Trust is much faster, cheaper, and more private than settling a Will, there are many advantages to using a Living Trust instead of just a Will.

And Business Week reported that many people are using a Living Trust instead of a Will to reduce the possibility of heirs fighting over your estate.

You must never forget that a Will must be probated and the fees for the probate lawyer and executor -- not including court fees -- range from 6% to 10% and are paid before any of your heirs receive their inheritance. That can take a big chunk out of even the smallest estate when attorneys charge anywhere from $60.00 to $150.00 an hour or more!

Look at what happened to the modest estate of Simon Morris:

- The Will of Simon Morris, a Florida resident, left $77,500 in cash to his widow. Before she could receive it, the probate process grabbed $9,375.
- Mr. Ken Bradley left $144,567 directly to his surviving spouse. The probate "fees" of $8,500 were appealed by the widow. The court ordered a refund of $7,750 with interest.
- R.L. Roberstone probably thought his Will would get his $162,114 safely to his heirs. As they found out probate fees amounted to $6,484.59.

The pity of it all is that these people could have avoided having large bites taken out of their hard-earned property by using a Living Trust. They could have passed every cent to their loved ones without squandering money on probate.

If you think a Living Trust is only for millionaires --- you couldn't be more wrong. Whether you earn $25,000 or $100,000 a year -- and whether your assets are huge or small -- a Living Trust will save you money. In fact ... on a percentage basis Living Trusts save more on small estates than large ones!

And you can save even more because we have shown hundreds of thousands of people just like you how to do it. It's simple.

The DSA Living Trust Kit was developed after much research with a team of legal scholars and practicing attorneys. It explains in easy-to-understand language how to set up your own Living Trust.

Instructions and guidelines are written in simple English. Illustrated step-by-step forms show you how to custom-tailor a legal trust to meet your special personal needs.

- Titles to your real estate, automobiles, boats, stocks, etc. are all safeguarded in your Trust.

Though DSA's exclusive Living Trust Kit will save you a small fortune -- and save your loved ones thousands of dollars later on -- we have kept the price especially low to enable everyone to benefit from it. And now you can save even more. We've cut the price in half and we insist you examine it on a 90-Day No-Risk Trial.

It's easy to get your Living Trust Kit. All you have to do is print "Living Trust" on a sheet of paper. Send it along with your check or money order in the amount of $9.95 plus $2 handling instead of $19.95 or charge to your VISA/MasterCard by including account number and expiration date to: DSA Financial Publishing Corp., Dept. W4128, 708 - 12th Street N.W., Canton, Ohio 44703. For even faster service, VISA/MasterCard or C.O.D., call toll free 1-800-321-0888, Ext. W4128.

Send for your Living Trust Kit within the next 15 days and you'll also get a unique Free Bonus Report on estate planning. The supplies are limited so you must act now.

Want to save even more? Do a favor for a relative or close friend and order a second Kit. That's 2 for only $20 postpaid. Use your Kit for 90 risk-free days. Show it to your lawyer or advisor. If not 100% delighted--don't keep it. Simply tear off the cover and send half of it back for a full refund. Fair enough?

A Living Trust is too important to put off another day. Especially when you can get the same kit thousands paid $19.95 for at half price. So order by phone or mail now!

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Special Offer
$19.95 Living Trust Kit
Now $9.95 For Limited Time Only

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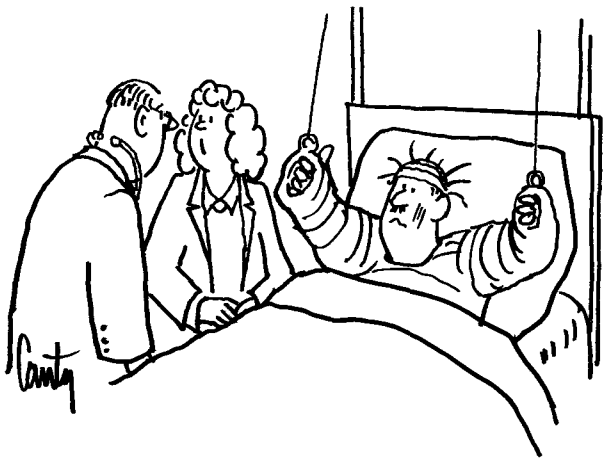
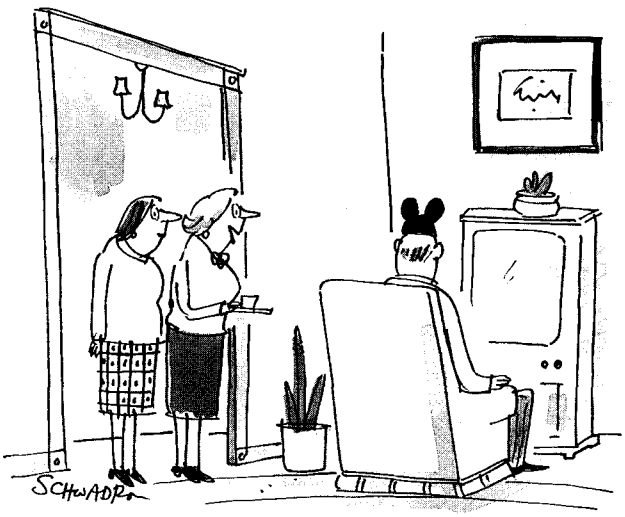
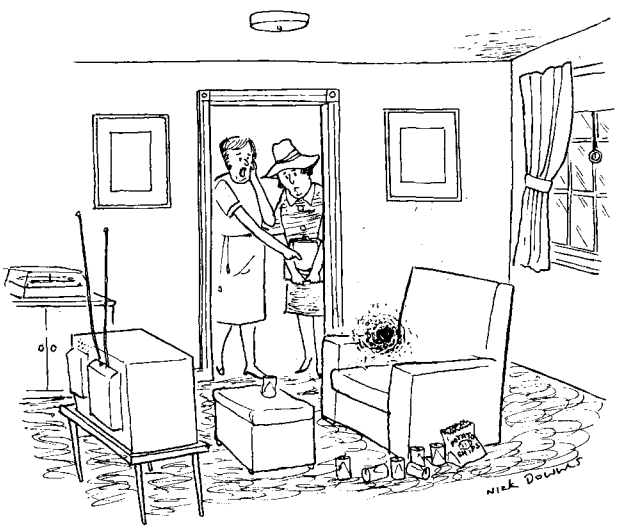
TV TICKLERS



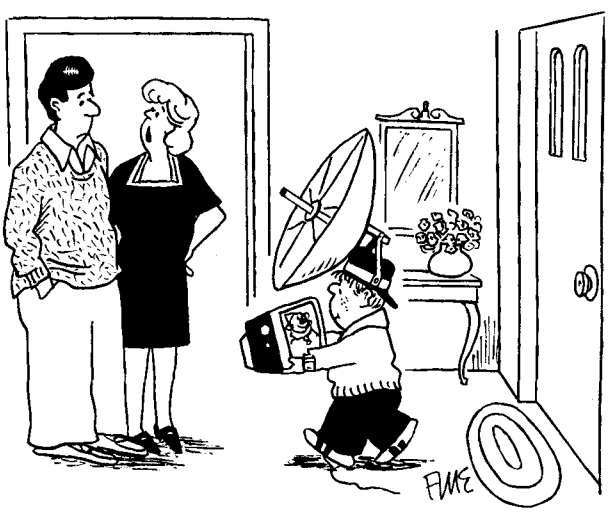
"When will he be able to use the TV remote?"



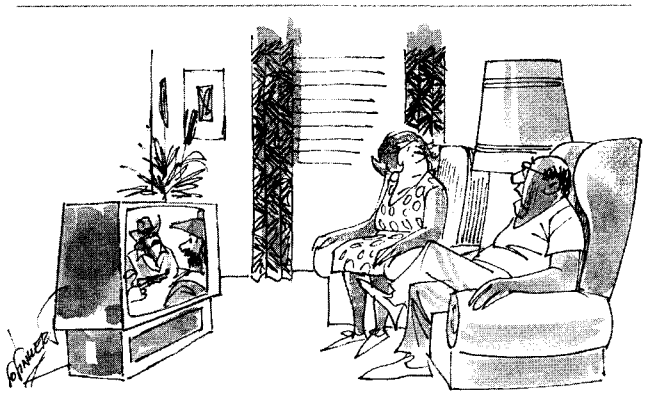
"Actually, Martin's viewing tastes have changed very little over the past 20 years."



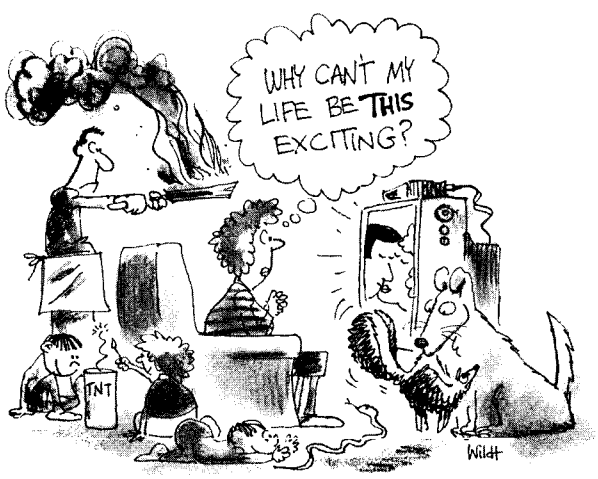
"It's George! He's collapsed under the weight of his own gravity!'



"Yes, I agree—he's watching a little too much television."



"So you miss Henry Fonda, Clark Gable, and Spencer Tracy. You might get a little satisfaction out of the fact that I'm still here!"



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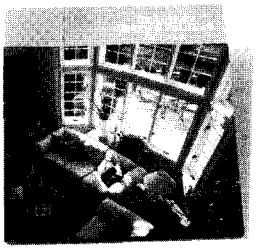
THE SATURDAY EVENING POST

FALL 1992 CATALOG SHOPPER



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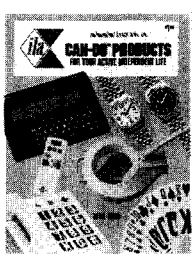

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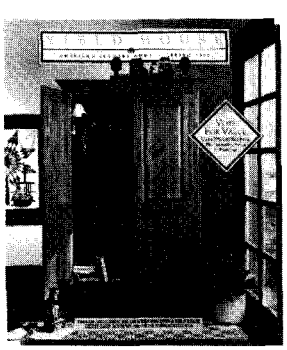

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7

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FALL/HOLIDAY 1992

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POST SCRIPTS

Matter of Degree

Those college gridders who know this
I have to praise as clever:
A pigskin is important, but
A sheepskin is forever.

—Dick Emmons

A Stiff Whiff

Madam or Sir,
You are causing a stir
Because you are drenched
with cologne.
The problem this poses
Is holding our noses
Or leaving your fragrance zone.

—Pat D'Amico

Catch Your Breath

Cigarette smoking decreases your lungevity.

—Shelby Friedman

Idle Dreamer

Three young bulls were standing together in a field one day.

Said the first bull, "When I grow up, I'm going to be a bull in a china shop."

Said the second bull, "When I grow up, I'm going to be the stock market bull."

The third young bull stood, gazing off into the distance. "When I grow up," he said, dreamily, "I'm just going to stay here for-heifer and heifer and heifer."

—Sally J. Schlatter

One-Sided Conversation

I appreciate the attitude
And interest that he's showing,
When he asks my views on world
affairs,
And how my life is going.
But, as an oral expert,
My dentist ought to understand,
That my response has certain
limits,
When my mouth contains his hand.

—Sonja Gleeson

No Return Guaranteed

Seems everything that I loan out
Comes back broken or bent
Never in the shape it was
At the time it was lent.

The exception has to be money
To the best I can recall.
It doesn't come back broken or bent
It just never comes back at all.

—Dick Culp

The Great Void

There's no place in space where you
won't find a trace of a hydrogen
atom or two.
It's a very thin gruel of that most
basic fuel, but it proves the old
axiom true.
"Nature abhors a vacuum," they say,
and out where the stars are spread
thin you must try very hard to find
one cubic yard where molecules
haven't rushed in.

The same thing applies, to no one's
surprise, on the rush hour freeway
round town.
Leave one car length—not two—
twixt the next car and you and you
know that some half-witted clown
is sure to rush in with maniacal
grin and a gesture—is that his IQ?
Then his brake lights will flare, you
get instant gray hair as you miss
by a mere inch or two.

Yes, you know on the freeway there's
simply no leeway.
A real void just never appears.
There's only one place where there's
true empty space.
It's smack between some drivers' ears.

—Larry A. Hiller

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Our Lips Are Sealed

I overdid it,
Sad, but true;
I licked off all
The postage glue.

Of all the stupid
Rotten luck!
Now my thicky
Lipth are thuck!

—Roger G. Brezina

Wrong Answer

Asked why he was fired, the office boy replied: "The boss's shapely secretary came in wearing a new mink coat and asked me how she looked. All I said was 'guilty.' "

—Lloyd Byers

Not a Know-It-All

Wisdom consists not in having all the answers but in knowing what questions to ask.

—Frank Tyger

Surplus Blessings

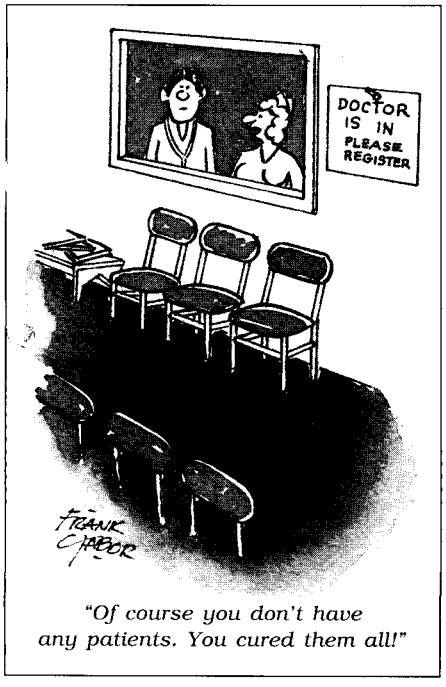
That it's more blessed to give
than receive
Is a saying I like to believe.
Yet, my creditors find it distressing,
When I tell them, my negative
net worth
Represents not a lamentable dearth,
But a positive balance of blessing.

—Peter Friedman

Insuring the Future

Spending money like there will be no tomorrow is one sure way to guarantee that there will be.

—Richard C. Miller



"Of course you don't have any patients. You cured them all!"

"Uhh . . . excuse me ma'am, but you've . . . uh . . . taken my cart by mistake. I believe that's yours over there."

A Fitting Tribute?

Abraham Lincoln once walked 20 miles to borrow a book. So now they close libraries to celebrate his birthday.

—Laurie Baker

Net Loss

In most sports, emotions are an integral part of the game. In tennis, however, love means absolutely nothing at all.

—John J. Daly

Timely Hint

The only way to save time is to use it.

—Al Batt

Bear-ing It All

What would you call someone who impersonated Winnie-the-Pooh at a Halloween costume party?
A sham Pooh.

—Ron Zeh

On Anger

Anger's an unwelcome gift,
and one thing I have learned:
Beware of who you give it to—
it just may be returned!

—Ronda Lawson

Enough Said

If you talk about yourself, you're an egotist. If you talk about others, you're a gossip. And what's left ain't worth talking about.

—Thomas LaMance

Bedtime Story

Newlyweds usually sleep like a baby until they get one.

—Sam Ewing

Weighty Matters

Calories are unfair because they keep hitting below the belt.

—Herm Albright

A Mother's Love

At times you may be rejected,
This is normal and can be expected
Even from a most ardent lover—
The only lasting love of your life
Is the love received from your mother.

—Rose L. Korotkin

Shaky Resolve

When offered treats
I never budge;
Except with sweets
I sometimes fudge.

—Ramona Demery

Memory Bank

Though I don't own a computer
I have a place to store
The things I want to remember.
It's my refrigerator door.

—Bruce Kafaroff

The Art of Entertaining

If you want appreciation
From those you hold most dear,
First serve good conversation.
If that fails, serve beer.

—Keith E. McGaffin

When Losing Is Winning

Diet—a losing proposition.

—Bett Lallos

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WHY 'BYE-BYE' ISN'T A NO-NO

Even the business world has dropped the "cool" goodbye for a warmer and more loving expression.

by Wen Smith

Illustrated by Don Trawin

When the young woman called from the *Wall Street Journal*, I didn't subscribe. Some years ago I invested in a vineyard that turned out sour grapes and a cattle-breeding venture that turned out to be all bull, and I haven't gone near the investment stockyards since. But she wished me well anyway, hoping I'd have a nice evening. Her last words were "Bye-bye!"

"Bye," I said, cutting the farewell shorter. Afterward I wondered whether I had sounded curt. I told my wife about it.

"Ever notice how many people say *bye-bye* these days?"

She admitted that she says *bye-bye* herself. "It sounds warm and loving."

I had to admit it does. "The girl on the phone sounded very warm. Do you think I sounded cold when I said just *bye*?"

"Well, maybe to you the *Wall Street Journal* just didn't seem loving enough for more than one *bye*. Anyway, you didn't want to sound like McLaughlin."

That was true. John McLaughlin, the immoderator of that free-for-all on television, always ends his show with "Bye-bye!" He sounds like a warden waving cheery last words from beneath the gallows.

"*Goodbye* is an odd expression, anyway," she said.

"Began as a farewell blessing," I said. I had to admit, though, that its connection with the Deity is now pretty well lost, obscured in the separation of church and state, the separation of prayer and schools, and maybe the rift of mind and spirit.

Centuries ago, people taking leave said, "God be with you." As the thought cooled to more form than feeling, the edges of the expression wore off. After years of use, it shrank to "God be wi' ye," then to "God b' ye," then slipped into "Goodbye" and "G'bye."

"Hardly anyone says *goodbye* anymore," my wife said. "It sounds too final."

She was right again. When you say *goodbye*, you mean goodbye. But when you say *g'bye*, it's more like "See you later."

"And now it's just *bye*," my wife said, lamenting that both God and good are fading from farewells. "Maybe it's because of the third Commandment," she said. "People have found all kinds of ways to avoid using God's name in vain."

"Or to get away with using it," I said. "We hide God behind a word like *golly*. It's a *gol'darned* shame."

"Right, by *gosh*," she said. "Or we don't say His name at all, as if leaving Him out of the picture."

"Would you call that unspoken blasphemy, a sin of omission?"

"Not really," she said, "unless you don't even think of Him. The thought is important, not its expression. You shouldn't have felt bad about saying just *bye* on the phone."

"But why did the young woman's *bye-bye* sound so much more friendly?"

We decided it's the repetition that makes *bye-bye* sound warm and loving. It's the pattern of *ma-ma* and *da-da* and *choo-choo*.

"Words like that," she said, "remind me of childhood, when everything was secure and wonderful."

"You think kids today feel secure? Do they ever see or hear a railroad whistle? What do they know about *choo-choo*?"

"They hear about choo-choos," she said. "And they still go *ga-ga* over puppies, so they know about *do-do*. And every child's world is full of *no-no's*."

"Maybe that's childhood's abiding connection with God," I said. "Those Ten Commandments are mostly *no-no's*."

I'm glad the young woman called from the *Wall Street Journal* to put me in touch with childhood again. Since then I've been saying *bye-bye* instead of *g'bye*. It sounds warm, and not ungodly, I think.

Too bad the kids don't pray in school anymore. It's how most of us older ones got through. But I guess there will always be a lot who put it off—until finals.

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Norman Rockwell

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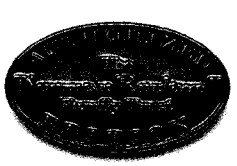

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CATCHING UP WITH KATIE COURIC

An accomplished reporter and irrepressible comic, this 35-year-old straight arrow from Arlington, Virginia, has charmed TV viewers and renewed the energy of the once foundering "Today" show.

by Judy Flander

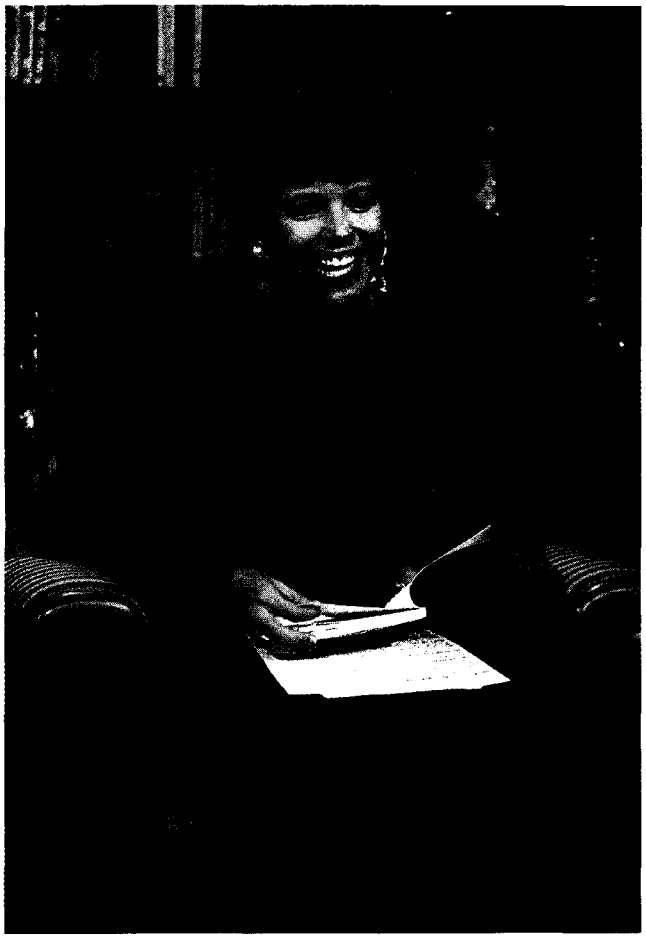
A friend of Katie Couric's was sitting in a San Francisco bar waiting for a companion when she overheard five guys next to her raving about how much they liked the newest NBC "Today" show co-host.

Couric is no sex symbol, they agreed. But, one said, "She's the kind of girl you'd like your daughter to grow up to be just like."

Recounting this anecdote, Couric laughs. "I was a little offended they didn't find me at all appealing in the sexual sense, and I think it's a funny story."

Everyone's mom loves her, too, says Couric. "I think I'm wholesome," she adds with a wicked grin. "Pretty darn wholesome."

Wholesome is an understatement. A high school class of '75 cheerleader, gymnast, runner, National Honor Society member, and school newspaper scribe, then a college class of '79 American Studies honor student, Delta Delta Delta sorority sister, and campus newspaper associate editor. No drugs, no controversy, no political protests.



A Cinderella-like ascent to stardom has not phased Katie Couric. "She is off the air what she is on the air," one network executive has said, "that's the great thing about Katie."

"Maybe it's trendy to be ordinary," Couric muses.

Squeaky clean, maybe. But ordinary? No way. In a Cinderella-like ascent, Katherine Couric—a diminutive, 35-year-old straight arrow from Arlington, Virginia—has jumped from local television news correspondent to co-host of NBC's "Today" show. An accomplished reporter and irrepressible comic, she's given the once foundering "Today" renewed energy, a sense of humor, and a boost in the ratings. And in the process she's become a bona fide media star—without forsaking her hard news background.

Couric is a class clown. If you hear someone singing in the "Today" show offices, you can be sure it's she. "I kinda pretend I'm like a lounge lizard around here," she says, producing an echo mike from her office cabinet and belting out, "L is for the way you look at me!"

"She's a terrific shot in the arm for everybody," says NBC Executive Vice President Donald Browne. "Not just for the 'Today' show, but for the whole organization."

People feel good just being around her and that quality leaps through the TV screen. "The camera doesn't lie," says the morning show's Jeff Zucker, who, at 27, could be the youngest executive producer in network television. "The great thing about Katie is what Katie is off the air, Katie is on the air," he says. "I think the viewer through the camera has connected with her.

"The key to morning shows is that they are personality-driven," Zucker continues. "Bryant Gumbel is a very strong personality. So is Katie. That's why their combination has really worked." With what he considers the two "greatest interviewers on morning television," Zucker has been working to make the show harder-edged but at the same time hipper and happier.

Co-hosting "Today" requires Couric, a former Pentagon reporter, to be up not only on current political issues, but current top ten hits as well. "She is very aggressive, very competitive; she has fire in her belly," Zucker says. "She is also very playful, very much a child of pop culture." That means, she says, "I can handle all the minutiae of my generation. I'm just up on the trends and what is happening. My finger is on the pulse of movies and television shows."

Such attributes are uniquely suited

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Although their clothes may not always coordinate, there's no question that the "Today" show's Couric and Gumble are a companionable pair. Unlike her predecessors, she insists on being an equal, and he has graciously acceded.

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to morning "news" programs that, in addition to interviews with top newsmakers, feature friendly chats with actors, authors, musicians, and the leads of network programming, as well as generous dollops of happy talk.

There she is, with what NBC anchor and former "Today" host Tom Brokaw describes as "her mix of effervescence, self-deprecating humor, and empathy for the human condition." She's hugging a cat, gently stroking the foot of a Romanian baby held by its adoptive mother, patting Bryant Gumbel on the shoulder reassuringly when he thinks the program's getting a little too wacky, reaching over an ice cream counter to smooth Macaulay "Home Alone" Culkin's hair, taking a puff out of a huge stogie in Cuba—and liking it.

She seems too good to be true. Yet when one digs around for dirt on Couric, she comes out spotless. "Betcha nobody says anything bad about Katie" is a constant refrain from her colleagues and past associates.

Make no mistake, though. Couric is also tough if need be. Powerful public figures have found, to their shock, that she can conduct a killer interview. "Katie doesn't take any guff from anybody," says NBC Washington bureau chief Tim Russert.

When it comes to hard-news interviews, off come Couric's white gloves and her joking manner. Her questions are blunt and direct, she is not deterred by rhetoric or intimidated by titles, and, while she prepares carefully, she doesn't stick to a script for her zinging follow-ups.

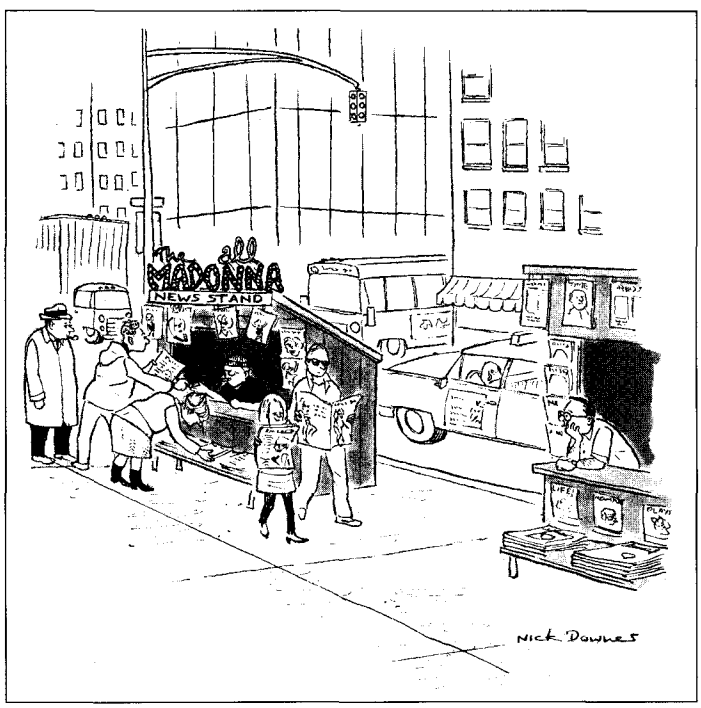
When Chrysler Chairman Lee Iacocca explained that all he needed to sell his cars to the Japanese was access to their market, she shot back, "Well, that's the question. You can get into the market, you can have the product there. But can you make people buy them?" Iacocca's wife called up to complain, Couric says, because Couric also brought up his enormous salary.

As for lapsed Klansman and GOP presidential candidate David Duke, whom she challenged on his racist background, she began her interview by demanding, "What makes you think you're qualified to be president. . . ?"

She asked another Republican presidential hopeful, Pat Buchanan, why he wanted to stay in the race after losing several primaries. "Are you trying to drive the president crazy? Or are you just on a big ego trip?"

Couric admits to having "a lot of *chutzpah*" and hopes she's not obnoxious when she conducts her uncompromising interviews. But she doesn't care if some people think she is.

"My only real concern while I'm being provocative and while I'm challenging an interview subject is that I'm being fair," Couric says.



She gets high marks for fairness. Even Brent Bozell, the chairman of the conservative Media Research Center—which has criticized Couric in its newsletter—says he has "not much to complain about.

"When she's discussing a liberal issue or talking to a liberal," he says, "she tends to be more flattering than when she's discussing a conservative issue or talking to a conservative. But when compared to her counterpart [Bryant Gumbel], she's a delightful change of pace. Occasionally she'll say things that I disagree with, like when she called Jimmy Carter one of the world's foremost statesmen, but she's not a liberal with a liberal agenda. She doesn't use her position as a soapbox. All in all she's a delightful personality. . . ."

But Couric still has to rate electric juicers with the "Gadget Guru," cruise around Hollywood in a limo with comedian Jerry Seinfeld, and play with lizards, bear cubs, and chimps. How does she feel about being on a program that combines serious journalism with lots of bells and whistles?

"There are definitely lighter moments in the show that don't necessarily require a college degree, but are interesting in their own right," she says. "It's interesting to me to talk to Martha Stewart about refinishing furniture; I'm learning something. Who am I to come off as some highbrow journalist? I'm doing some things day-to-day that people want to know about. If I feel people take me seriously and I am not fighting to be credible, I can relax and have fun."

She may make newsmakers squirm, but she's gaining fans—"Today" viewership is up 5 percent since her arrival in late February 1991. The show's ratings, which dropped from No. 1 to No. 2 behind ABC's "Good Morning America" when Deborah Norville succeeded Jane Pauley, keep going up. Since September, when she returned from a summer's maternity leave, "Today" regained the No. 1 position once after trailing "GMA" for 109 weeks, and tied with "GMA" four times. The fourth time was when Pauley joined Couric while Gumbel was on vacation.

What this womanpower is doing to Gumbel's ego is not easily ascertained firsthand. During a five-week period when this piece was being prepared he was "unavailable" for an interview, according to a network spokeswoman.

In April 1991, when Couric officially replaced Norville after three-and-a-half weeks subbing for her, Gumbel told the *Miami Herald* that she was "a delight to work with." At that time, she'd already spent nine months as the show's national correspondent, so they were not strangers. The former sports announcer also observed, "Sometimes a baseball team has all the pieces and doesn't quite win and then adds one player and it works. Katie's an important part of this show, but I don't want anyone to get the opinion she has to bear the

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burden of it succeeding or failing."

An industry source says that Gumbel was surprised to discover that Couric is not a pushover. "She comes in a package that's a little deceiving at first. I think Bryant understands he is going to have a female there who is competition for him. Jane had to sit there and take a lot of grief, take a back seat, and not do a lot of solid interviews. This isn't the case with Katie. She knows how important she is to that show."

While there are many who now believe that Gumbel is bearing the burden of Couric's success, Brokaw, Gumbel's longtime friend, reports that "he genuinely likes her and is intrigued by her. And she can handle him and he is not always easy to handle. He is still first among equals. It is in his interest to get along with Katie."

That Gumbel, 43, has come to the same conclusion was perhaps most concretely illustrated last December when the ten-year veteran of "Today" signed a three-year contract that reportedly pays him at least $2 million a year. Couric's salary was about a quarter of that until NBC signed her on April 1 to a new five-year contract for about $1 million annually.

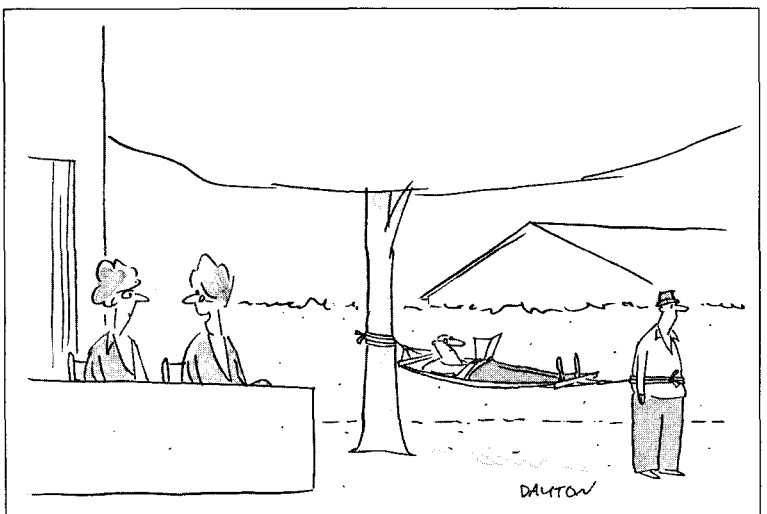
When Couric is asked how she ranks with Gumbel on a show where Jane Pauley was a passive second banana and Deborah Norville was hung out to dry, her smile fades. She says it is of utmost importance to her that she be "perceived as an equal partner" and that she plays "an equal role on this show."

"If I was here doing interviews or spots that were considered less important or less newsworthy, I wouldn't tolerate it," she says. "I wouldn't want the job. I'd just as soon be a reporter."

Gumbel, Couric says, "has been very generous and very gracious. I think he sees the importance of our being equals as well."

Arriving at the "Today" makeup room at 5:45 one recent morning, Couric scoots into slippers and a light blue terry cloth robe, the seat of which is thoroughly worn. After a quick shower in her New York apartment, she had left her daughter, Elinor, with her nanny, Nancy Poznek. Couric and her husband, Jay Monahan, 35, live just outside of Washington, D.C. in suburban Virginia, so she commutes to New York every week with Elinor and Poznek. Monahan, a lawyer, is able to join them there two or three nights a week because he has a couple of cases in the area. They're making do. "But we're tired all the time," Monahan says.

"Nancy takes great care of Ellie," Couric says. "She takes care of me. I don't think I could do it without someone like that."



"Quincy and I love our new house. And you couldn't ask for a better neighbor than Mr. Suggs."

Where did she find Poznek? "Oh, I just called Rebecca De Mornay and asked her if she had any friends," Couric deadpans. (The actress plays a homicidal nanny in the recent movie "The Hand that Rocks the Cradle.")

Couric's short hair is brushed back from her face. No makeup. Pretty and fresh, she looks about 16. As the hair stylist and makeup artist take over, Couric chats as she rummages through a box of junk jewelry for her morning's adornment. "I went crazy at the Gap to get clothes for Cuba," she says. "Such cute clothes they've got. Where else can you get a blazer for $68?"

A fat salary notwithstanding, Couric is as unpretentious as she appears. She has no shame driving a seven-year-old Honda and finds "something repugnant" about people who spend thousands of dollars on a suit. "I'm more Gap than Gucci," she says.

Couric, still in slippers and bathrobe, pads into the newsroom where she sits quietly at a computer preparing for a complicated interview on health care reform. Executive Producer Zucker joins her briefly to confer.

Shortly before 7 a.m. she appears on the set in white pants, white turtleneck sweater, and a gray and white checked jacket that clashes somewhat with Bryant Gumbel's black checked jacket. Clearly, they do not do clothes talk. But there's no question they are a companionable pair as they settle into their chairs before a battery of cameras.

"Bryant and I spend more time together during the week than I do with my husband. I used to laugh thinking Ellie was going to come out of the womb thinking Bryant was her father."

While Couric seems to be enjoying her new role, essentially she views herself as a good, solid news reporter. She's been at it since 1980.

Right out of the University of Virginia, Couric's first day as a desk assistant at the Washington bureau of "ABC News" was memorable. "Sam Donaldson bounded up to me and asked me my name. I said, 'Katie.' And he said, 'Katie!' And Sam jumped on my desk singing 'K-K-K-Katie!' Then he said, 'You come with me,' and he grabbed me and took me to a White House briefing."

Nine months later, ABC Washington bureau chief George Watson left to join the aborning Cable News Network, taking several staffers with him. Included were his secretary, Wendy Walker, now executive producer for CNN's White House coverage, and Couric. The women were and are close friends and, for several years, shared a Georgetown apartment.

Although Couric went to CNN as an assignment editor, it was not long before she was reporting on-air. "I wasn't a full-fledged reporter by any stretch," she says. "At first, at CNN, the janitor could get on the air. They were often desperate for people to cover events."

That early on-air stint ended

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Two Angels on Duty

It was a raw winter's night when Johnny Sentinella set out to find an angel. He hadn't a doubt that he would find one, because he needed one very badly and his mother had told him that when there was no one else to turn to with any particular request he should turn to the mighty angels who come to the earth to help mortals in need.

"Angels are the messengers of God," his mother had told him. "And they have a special care for children."

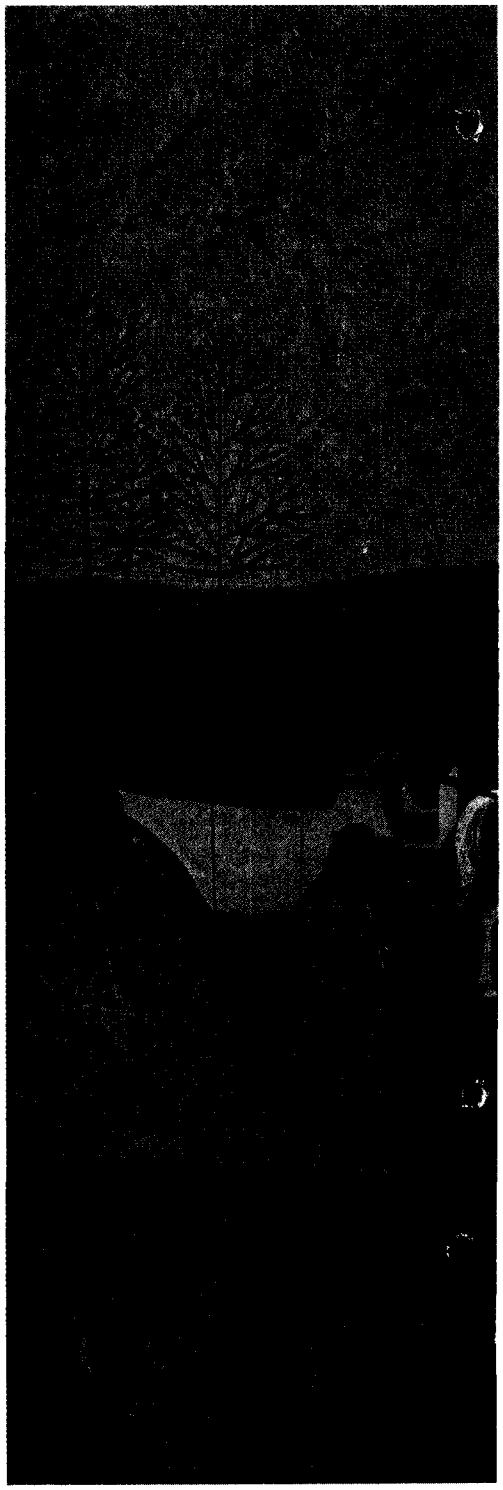
Johnny Sentinella was eight years of age and lived in a walk-up on West 88th Street not very far from Central Park. He had need of an angel, for his mother was very ill, and he knew that it was serious because people wouldn't talk to him about it. She had been twice to the hospital for what was called an operation, though sometimes people called it surgery. It seemed to be the same thing. Now she had come home, and his father had told Johnny that she wouldn't be going to the hospital anymore. He seemed sad rather than happy when he said this, and a cold feeling had come over Johnny. He tried not to think about it, but the feeling persisted and he knew something terrible was going to happen, and if he thought about what that something terrible was going to be, it would be that his mother would die very soon. So he had desperate need of an angel, and at ten o'clock on a February night he went out to find one.

The best place to find an angel, Johnny decided, would be in Central Park, which was only about two blocks away, and the best place in Central Park would be the place called the Sheep Meadow. Of course, there weren't any sheep or shepherds on the Sheep Meadow anymore. It was just a grassy area at the southern end of the park. Still, that would be the likeliest place to find an angel because angels had a fondness for the places shepherds had been. It was to shepherds that angels seemed to appear most often.

So Johnny put on his snowsuit over his pajamas and then his rubbers and then a scarf his mother had knitted for him, and he was about to leave the house when it occurred to him that it might be nice if he took along a present for the angel. So he looked around and picked up the best present he had, which was a Fanner 50 six-shooter with which he had fought many many times as a veteran of the United States Cavalry under Custer. When he was in the United States Cavalry he was Sergeant Sentinella, and he usually managed to warn General Custer so as to avoid the Battle of the Little Bighorn.

On the way to Central Park, Johnny had to pass a stable where horses were available for rental to the wealthier people who liked to ride around the park. Sometimes he sneaked through the doors of the stable and stood nervously on the tanbark inside while the big horses were saddled for the customers, and one of the grooms had put him on a horse once and let him ride around inside. That was after the groom had discovered that he, Johnny, was at times a sergeant in the United States Cavalry. The stable doors were shut now, but they did not fit very well, and a little soft light came through the crack between the two of them and with it a flow of warm air that smelled of hay and harness. He heard the horses stirring inside, and one of them gave a little nicker.

That will be Kansas, Johnny thought. Kansas was the big gray horse the groom had put him on



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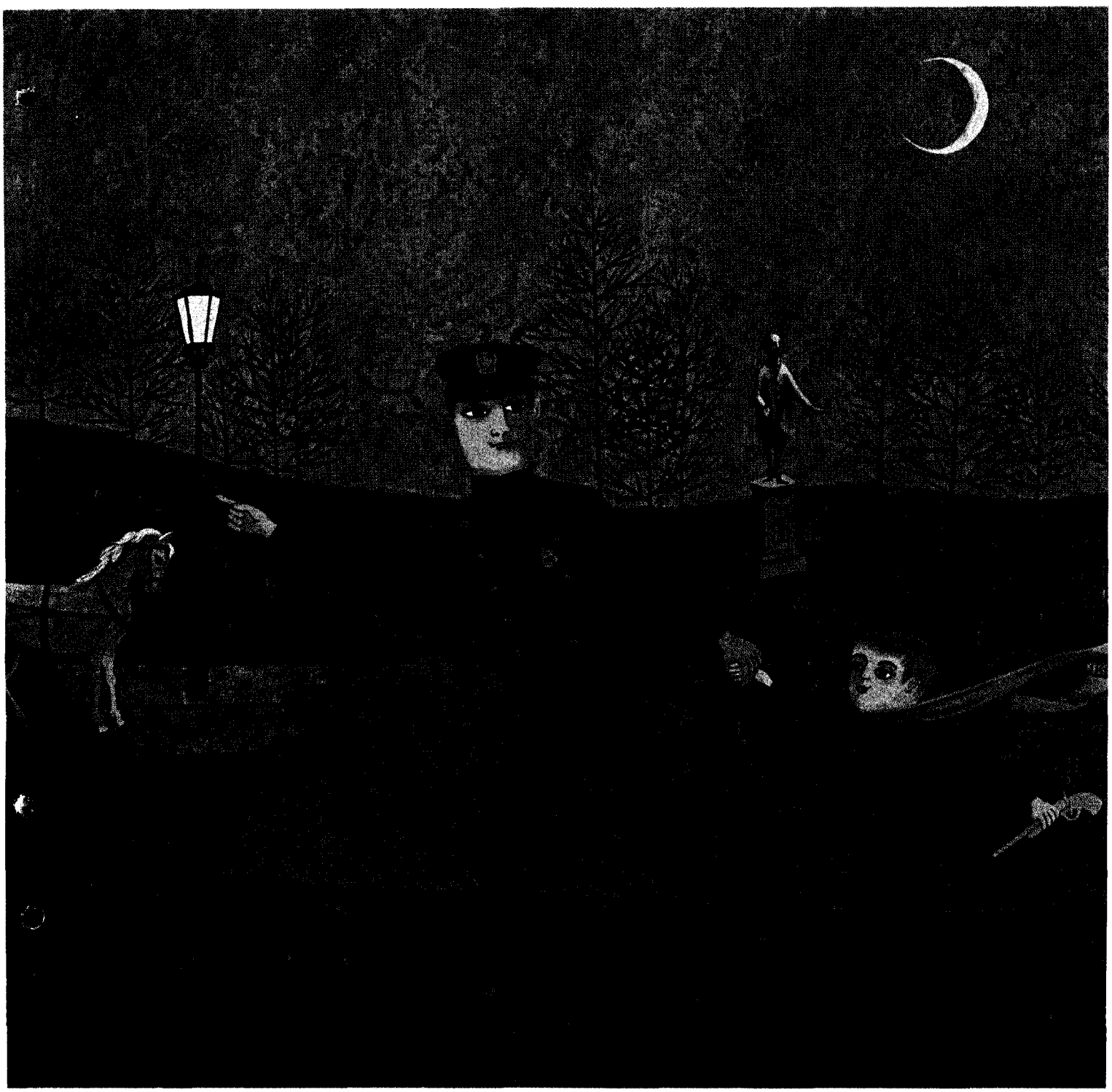
By Leonard Wibberley

A race for life with the man from headquarters.

ILLUSTRATION BY JANE LANDIS



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once. He was, Johnny believed, the fastest horse in the whole stable.

"Hi, Kansas," said Johnny through the crack. "Bet you're surprised that I'm out so late. Well, I'm going to find an angel for my mother." For an answer he heard the heavy sound of a horse stamping its foot on the tanbark and then another nicker. But this seemed to be an urgent nicker, as if Johnny should not be dallying there at the stable door and so he said, "All right, Kansas. I'm going." And off he went.

On the way to the park Johnny was delayed at all the intersections by the traffic lights and was worried by the delay. His father had been in his mother's bedroom when he left, seated by her bed. It was an unusual circumstance, and he knew from it that there wasn't much time. When he was in a hurry Johnny had a habit of counting because it seemed to speed things up, so he counted at each traffic light, and that seemed to make them turn from red to green more quickly, and at last he got to the park. Going through the gates, he turned right and started to run as fast as he could toward the Sheep Meadow.

It was dark in the park compared with the illumination in the streets outside. It was hard to tell which was the darker—the trees or the shadows under the trees. The grass in the open spaces was a little lighter, and Johnny was glad when he came to these light areas, and held his Fanner 50 pretty tight when he had to pass under the trees. There were no people in the park, and it was very cold, not that there was frost around but that there was a light mist which seemed colder than any frost.

"I hope I'm going to be in time," said Johnny. He knew that time was very important, so he ran as fast as he could, and to make himself feel that he was running even faster, he imagined that he was riding Kansas, the big gray horse whose powerful, even stride made him certainly the fastest horse in all New York City. Running away then, as hard as he could, he bumped right into a policeman. This happened going around a little curve where there were some trees, and he crashed right into the policeman, who staggered a little and then held Johnny at arm's length.

"Where do you think you're going?" asked the policeman.

"I'm going to find an angel," said Johnny. "I've got to get one. It's very important."

The policeman seemed shocked by this statement and did not say anything right away, but stared at Johnny. There was a lamp standard nearby which threw a little light around, but the policeman's face looked very dark to Johnny, who thought that he seemed a very stern man.

"What's your name, son?" the policeman asked. His voice was neither friendly nor unfriendly, but impartial.

"You may go in now."

"Johnny Sentinella."

The policeman thought about this for a while. "You live on West 88th Street?" he asked.

"Yes," said Johnny. "Please let me go. I'm in a hurry. It's for my mother."

"Your mother's sick, isn't she?" said the policeman, and his voice seemed even graver.

"Yes," said Johnny. "I'm in a real hurry. I've only got a little time. What time is it?"

"Eleven o'clock," said the policeman. "And you ought to be home. In fact I ought to take you home, but I can't leave here right now. Still maybe it won't hurt if I start a little early." He reached for Johnny's wrist, but Johnny jerked away and darted off, going as hard as he could.

He didn't dare look behind him because he knew the policeman was following him. He could hear his footsteps so he ran as hard as he might and the mist thickened a little and after a while the footsteps stopped and he heard the policeman calling him. But he ran on, headed for the Sheep Meadow and counting so as to make himself go faster. He fell down twice and got up sobbing. But still he went on, and at last he got to the Sheep Meadow.

It was a big open place of grass, almost entirely devoid of trees. But now that Johnny had reached it, it seemed terribly desolate as if no one had ever been on the Sheep Meadow in all its history. There was a little mist over the ground and Johnny just stood where he was, looking at the empty place, and appalled by its emptiness. He looked up at the night sky. Over the city the stars were hardly visible at all, but over the Sheep Meadow, where the lights of the city did not interfere, he could see a few stars twinkling in the sky. He looked for an especially big one to appear which would mean that an angel would be coming soon, for that, his mother had told him, was a sign of the coming of angels. But though there were several bigger than the others, they all seemed far away and impersonal, and he was suddenly desperately lonely.

"Please," he said, holding out the Fanner 50. "It's very important."

But no big star appeared. There were only the whiteness of the mist and the desolation of the Sheep Meadow and the remote impersonality of the sky. He stood there patiently waiting. It got colder and he started to shiver. After a long while he heard a clock in some nearby church start to strike the hour, and the hour was midnight. He turned to go home, his head bowed and his shoulders slumped. He wasn't crying. What he felt was too much for tears, for he felt completely alone, as if he had been forsaken for the first time in his life. He walked a little way, and then, feeling that it could not possibly be true that there wouldn't be an angel when he had come to look for one, he turned and saw someone approaching through the mist. He couldn't say anything at all, but just stood in wonder, his heart pounding. And then his wonder changed to resignation, for what was approaching him was just another po-

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liceman. The policeman seemed, however, to be looking for someone, and seeing Johnny, he ran toward him and picked him up.

"My goodness," said the policeman. "I'm glad I found you. I was sent out from headquarters specially and told that you just might be here. Come on. We've got to get home right away. Are you all right?"

"Yes," said Johnny sadly.

"What were you doing here anyway?"

"I was looking for an angel," said Johnny. "For my mother. But there aren't any."

"I wouldn't say that," said the policeman. "I wouldn't say that at all. But it's a dangerous thing to go looking for an angel in Central Park at nighttime."

"Why?" asked Johnny.

"Why?" said the policeman. "Because you might find the wrong one—that's why. It's a good job you found me—or I found you. Quite a stir in headquarters about you, my boy. But let's stop wasting time. We've got to get home right away."

"Is something the matter with my mother?" asked Johnny, suddenly afraid.

"We've got to get there in a minute," said the policeman. "It's desperate. I pray God we can make it. Can you run?"

"Yes," said Johnny.

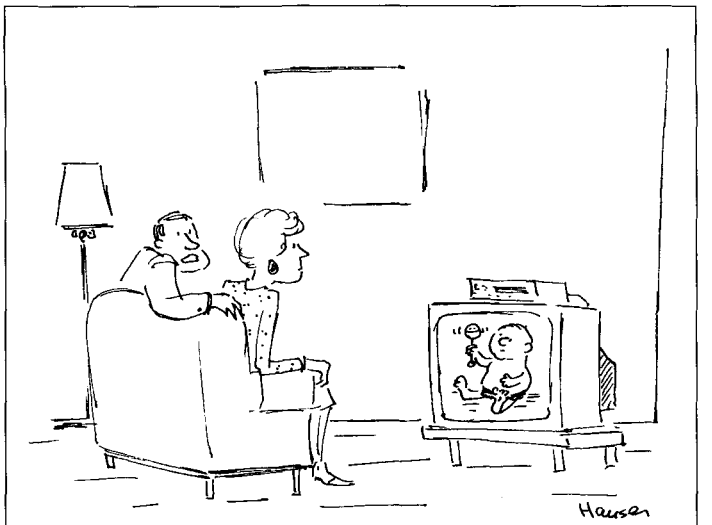
"Well, start running," said the policeman and he took Johnny by the hand and the two of them went flying away over the grass. They didn't go straight up the park but headed for a road that circles the park.

"If we could find a taxi, I think we might be in time," said the policeman. "But who could find a taxi at an hour like this?" On they ran, and it seemed to Johnny that he'd never run so fast in all his life, and at last they rounded a curve and found one of the horse-drawn carriages that take people around the park. It was standing under a lamppost by the road. It shouldn't have been there at all, but at the south side of the park near the Plaza Hotel.

"Well, here's a miracle," said the policeman. "And God be praised for it." There was no coachman in the carriage. He had perhaps gone off to get a cup of coffee. But the policeman jumped up on the driver's seat, pulled Johnny up beside him, took the whip, flicked it over the horse's back and away they went down the road at a very smart clip.

"Why," cried Johnny looking at the horse as they passed beneath a lamp standard, "that's Kansas, the fastest horse in all New York. He's my friend."

The horse cocked one ear back in Johnny's direction and gave a little whinny and thrust more powerfully forward between the shafts, the big muscles on his haunches and shoulders rolling with strength beneath his



"There—isn't this better than having a real baby?"

hide. They were soon near the gate, but all the time the policeman had kept glancing ahead and around as if he were expecting to see someone on the side of the road.

"Did you see anyone else?" asked the policeman after a while, as they went bowling through the park.

"I met another policeman," said Johnny.

"What did he look like?"

"I didn't see his face. It seemed kind of dark. He wanted to take me home, but I ran away from him. I didn't want him to catch me."

"There were two of us sent out from headquarters. Me and the other one. He has a kind of a dark face. How long was it between when you met him and me?"

"About half an hour," said Johnny after considering the question for a while.

"Well, he's always on time but he doesn't hurry," said the policeman. "We have a chance." From this Johnny gathered that in looking around while he was driving, the policeman had been looking for his colleague. He was very troubled that headquarters should have sent two officers out for him and even more worried that they were in such a hurry to get to his home. Perhaps he had been wrong after all in going out to look for an angel. Perhaps something terrible had happened to his mother and he wasn't there. This thought was too much to be borne and he thrust it from his mind.

When they got to the gate the light was red, but the policeman ignored it and shouted "giddap" to the horse and drove on through the red light.

The policeman was standing now, calling to Kansas to give of his best, and Kansas broke into a canter, flinging the road behind him, the carriage rolling a little from side to side like a boat that has cleared the harbor and met the first swells of the ocean. A few people in the street, out late on pleasure or business, stopped in surprise to see carriage and horse and boy and policeman flying down the street. They called after them, shouts of excitement and wonder, and it was with a litany of such calls stringing behind them, like a streamer of sound, that the carriage pulled up before the walk-up apartment house where Johnny lived.

The policeman was out of the carriage in one jump, reached up and grabbed Johnny and started racing up the stairs, saying all the time, "I pray God we are not too late."

He was going up the stairs three at a time, for he was a big man, and when they got to the last flight there was the other policeman whom Johnny had first met in the park, going up more slowly, step by step. Hearing the commotion behind him, he turned, and the policeman who was carrying Johnny pushed his comrade aside, saying, "I'm here first. The duty is mine." He was in front of the door of their apartment a second later, flung it open without knocking, shut it immediately in the face of the other and then, resting his back against it,

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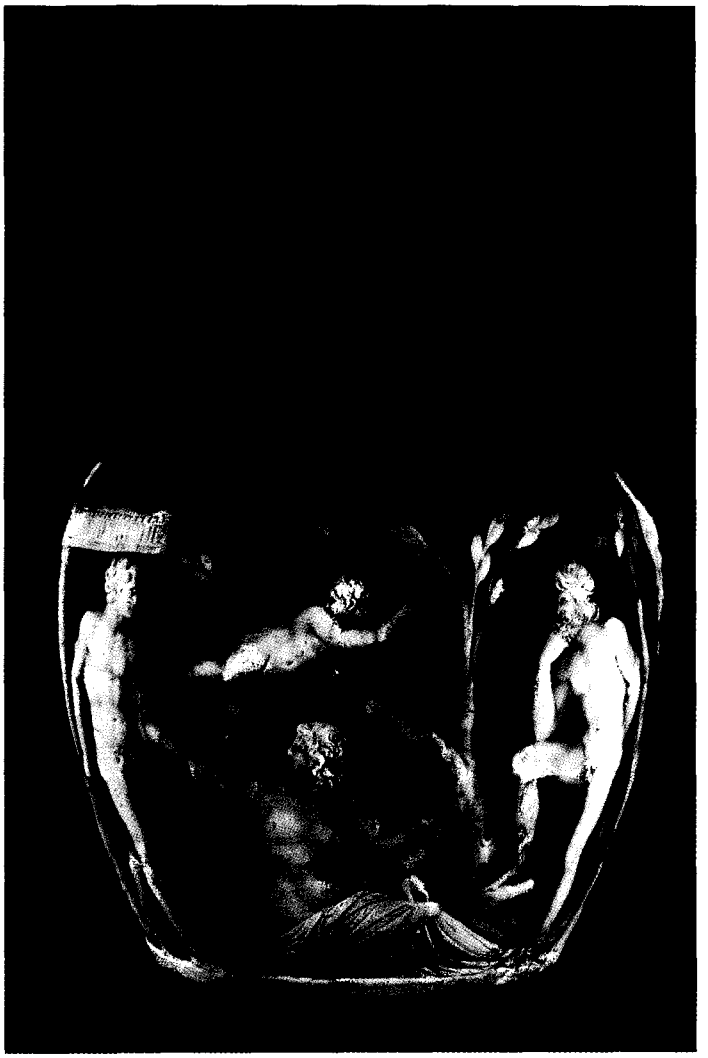
SOLVING THE ROMAN RIDDLE

The meaning of the frieze on the ancient Portland vase has eluded scholars for centuries—now an American graduate student may have unlocked its secret.

by Christopher Irwin

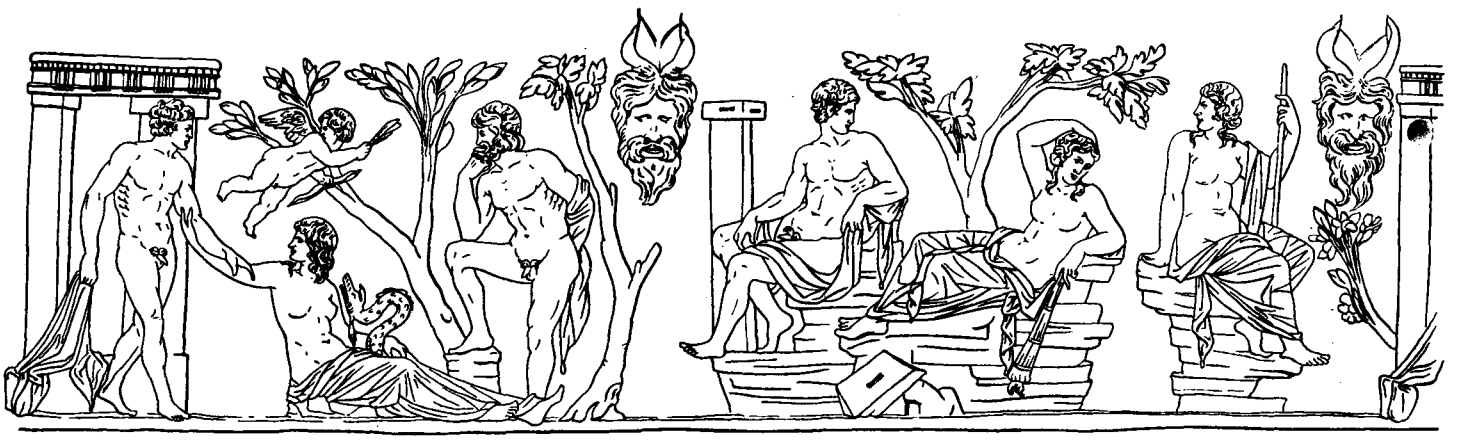
Among the many relics that have stubbornly refused deciphering at London's British Museum, none has caused more head scratching by scholars than a cobalt blue urn known as the Portland vase, so named for the Dowager Dutchess of Portland, its early owner. Discovered in the late 16th century and considered one of the finest Roman glass vessels to have survived from ancient times, the vase has fascinated experts who have for four centuries disputed the seven figures portrayed on its sides. Of the nearly 50 interpretations offered, none has been fully accepted.

Now, in a 29-page research paper for his course in Roman art, Randall L. Skalsky, a 43-year-old graduate student at the University of Massachusetts, may have come up with the long-sought solution. Although savagely rejected by classicists (not known for accepting anything new) and the editors of several scholarly journals, Skalsky's monograph has recently been picking up support among art intelligensia.



Skalsky's background certainly doesn't warrant such a monumental breakthrough. An academic late-starter, he had worked for 16 years as a waiter and at hotel odd jobs before finally returning to college in 1987 to major in classical languages. While studying the vase, he says he began thinking that for 400 years people contemplating the figures had seized upon single details for basing their intrepretation. Although it was generally agreed that something exciting is taking place, what it was continued to mystify the experts.

"I decided to stop looking at the figures," Skalsky says, "and when I did, the architecture in the frieze jumped out at me." What he saw, painstakingly engraved, was a double column that resembled the Greek letter pi, or P, and a single column that looked like the letter iota, or I. Together, Skalsky believes they are the key to the cer



The frieze on the Portland vase represents two separate mythical stories; the arch at left is the key.

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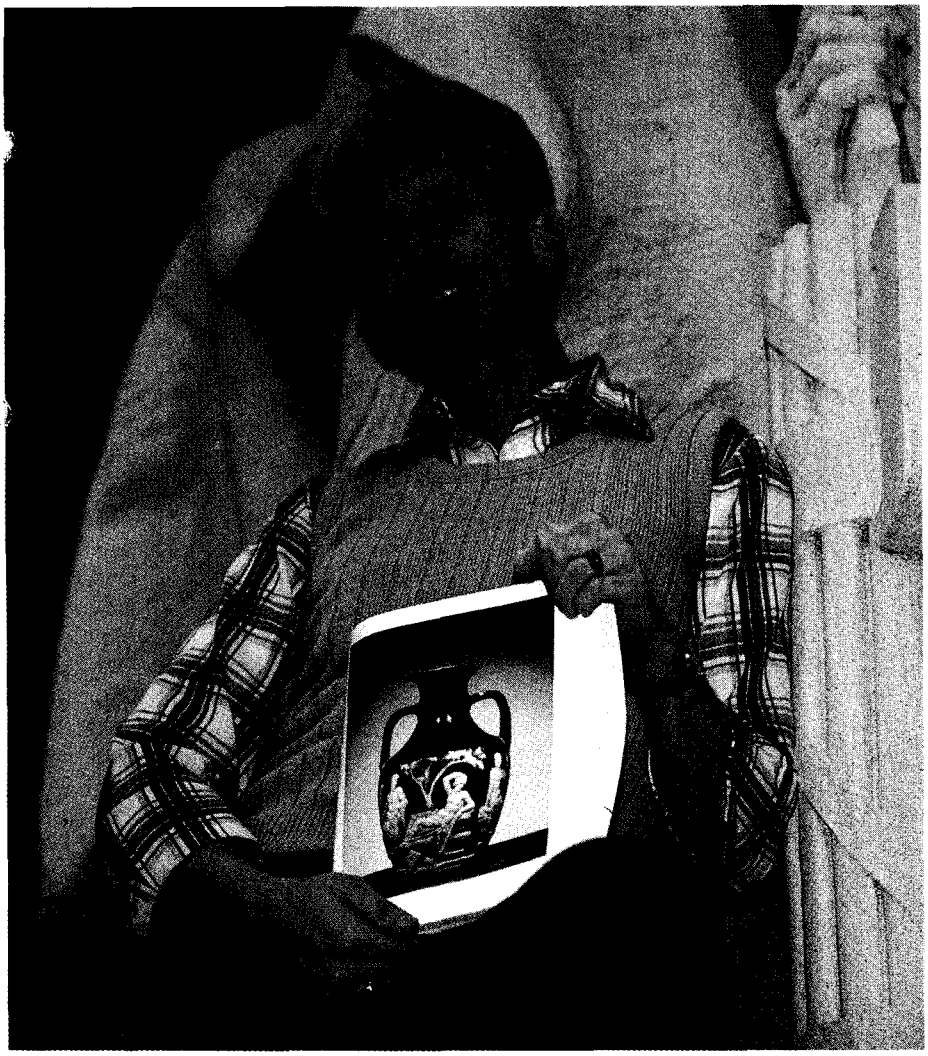

Randall Skalsky learned about the Portland vase from a television special; once he began studying it, he couldn't eat or sleep until he had solved the mystery.

turies-old mystery.

He reasoned that the name of the first figure within the pi-like architecture, who had variously been identified as Achilles, Apollo, Alexander the Great, Alexander Severus, Adonis, Bacchus, Orpheus, Pluto, Paris, Peleus, Dionysus, Perseus, and Augustus, to name a few, would begin with a P. He settled on the mythological figure Peleus, from the poem version of the story of Peleus and Thetis by Catullus, which had been a kind of 1st century Roman bestseller.

Catullus referred to Peleus in the poem as the "pillar of Thessaly." The interpretation of Peleus had for some time been the widely accepted one, but Skalsky was the first to realize that the vase is a direct visual representation of Catullus' story. Peleus is standing right there with the entabulature resting on his head. The pi also stands for Pelion, the mountain in Thessaly where the Peleus-Thetis marriage was arranged, Skalsky concluded. The vase, he discovered, is awash in subtle symbolism.

Skalsky spent a month building his theory, sometimes getting up in the middle of the night to jot ideas. He discovered a subtle hidden message in the imagery of the vase entreating the viewer to "Drink!" His most remarkable finding was that the second scene in the frieze is not a continuation of Catullus's story, which he believed would have been just too easy for the vase's sly creator. Instead, he went back to the architecture again, identifying the iota, or I, with Mount Ida, where Paris and Helen's marriage had been arranged. Thus, both scenes depicted suitors on the left, their mates in the center, and gods on the right, looking on. The ultimate message, Skalsky determined, was that marriage can be heaven or hell, a common theme of Catullus, and perhaps a suitable one for the vase which may originally have been a wedding present.

Arion, a thrice-yearly journal devoted to the classics and humanities, will publish Skalsky's monograph this summer.

"What I like about what (Skalsky) has done," says Dr. Richard Brilliant, a professor of art history and archeology at Columbia Unilversity and a widely published authority on Roman art, "is that he has neatly tied everything up into a plausible thesis. He's done something extraordinary."

Herbert Golder, a professor of classics at Boston University, says he thinks "Mr. Skalsky's work will completely reorient the study of Roman glass."

As for Skalsky himself, for the time being he has had enough of art history and is going back to classical studies. "I'm not even an art major," he says. ■

Vase With A Past

27 BC-37 AD—The Portland Vase is crafted by an unknown artist, probably from Alexandria.

1600-1601—The vase comes to light in the possession of Cardinal Francesco Maria del Monte in Rome.

1627-30—Vase is sold to Cardinal Francesco Barberini; its fame spreads across Europe.

1780—Scottish painter and architect James Byres purchases the vase from Donna Cornelia Barberini-Colonna, who had run up huge gambling debts.

1782—Byres sells the vase to Sir William Hamilton for 1,000 pounds, who brings it to England, and sells it to the Dowager Duchess of Portland.

1810—The Duke of Portland loans the vase to the British Museum.

1845—Tragedy strikes when the vase is shattered by a brick-wielding museum visitor. It is glued together and returned to display eight months later.

1945—Vase is finally purchased by the museum and reglued, incorporating small chips saved from the original breakage.

1980s—A replica of the vase is displayed at Corning, N.Y. and in Rome, attracting renewed scholarly attention.

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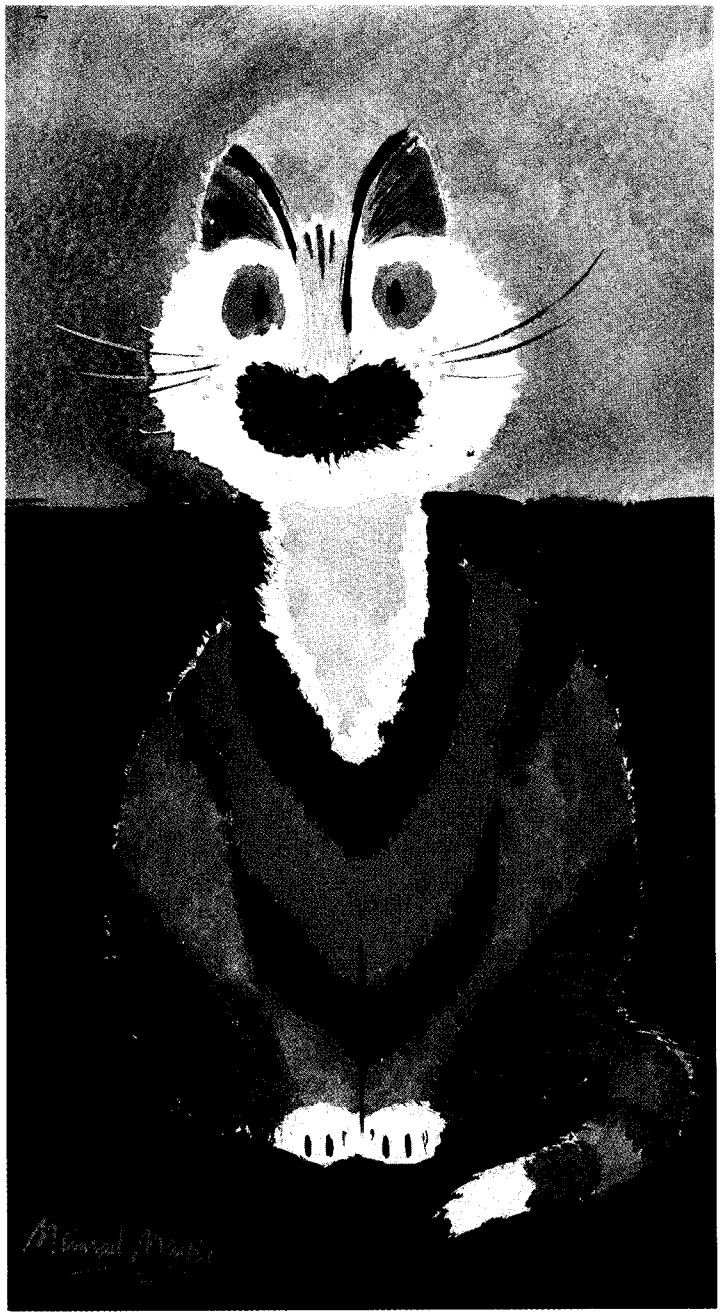
THE ILLUSTRATED CAT

Sophisticated or streetwise, poised or playful, cats have long teased the imaginations of writers and painters into timeless tributes.

A cat may look at a queen—or a king, or you or me—and probably won't think too much of any of us. A properly humble human observer once summed it up, "A cat is a sovereign state with a tail." Apart from the incidental point that some of the most regal cats don't have tails, this epigram expresses pretty accurately the attitude of America's 20 million or so cats toward us people who think we are running the country. The fact seems to be that while a dog is usually willing to accept human beings as equals, any cat—from the disdainfully fluffed-up Persian to the mauled-up ruler of the alley jungles—is absolutely certain that people are inferior animals.

A lot of human beings have also subscribed to this cat's-eye view, and through the ages some of the most highly intelligent and civilized nations have deified and worshiped cats, undoubtedly to the satisfaction of all concerned. There are, indeed, a good many reasons why cats should assume a natural superiority. This can readily be established by asking any honest man or woman who "owns" one.



The cat probably comes as close as any living thing in our man-made world to being the physically perfect creature. It's swift slink, slow-motion stalk, incredibly competent and graceful springs, and its pound-for-pound strength, fighting power, and physical coordination in general make the greatest human athlete who ever lived seem like a lumbering blunderer. It's true enough, too, on the esthetic side, that the cat, whose skeleton is not unlike our own, has a beauty of line, movement, and utility against which the Apollos and Aphrodites of the Greeks appear awkward and stilted misfits. Mentally and psychologically, of course, the cat is the least self-conscious, best adjusted, and most self-sufficient collection of reflexes that can be put together.

There aren't many feline "neurotics," and cats generally take the rational view that most human beings—when not serving the safe-and-sane purpose of providing fish, cream, and catnip—should be locked up in strange attics.

Emotionally, the cat is a calculating machine, motivated by the higher kind of intelligent self-interest—unerringly aware of what it wants and how to get it.

Blessed with a fabulous sense of self-preservation and survival, the cat generally adopts a live-and-let-live attitude toward its world. People who are not capable of understanding cats keep pointing out that they kill birds. But cats observe the natural process, and seldom kill more than they can eat. The average backyard bird-hunting cat, for example, would undoubtedly look with a superior contempt on the two titled British "sportsmen" who, all by themselves on a single day, slaughtered a "record bag of 3,247 pheasants and partridges."

All the way from Cleopatra's household companions to Mehitable and the kitten on any windowsill, the cat is a philosopher: serene in adversity and unimpressed by victory, a contemplative creature whose purr drowns out the alarms and excursions of our noisy human world. And a cat is capable in its own way of affection for human beings and will give to people who are capable of appreciating it a slightly superior companionship.

—Richard Attridge

About the Artist: *Meinrad Mayer's paintings of his beloved cats were selected from the Society's Meinrad Mayer Gallery.*

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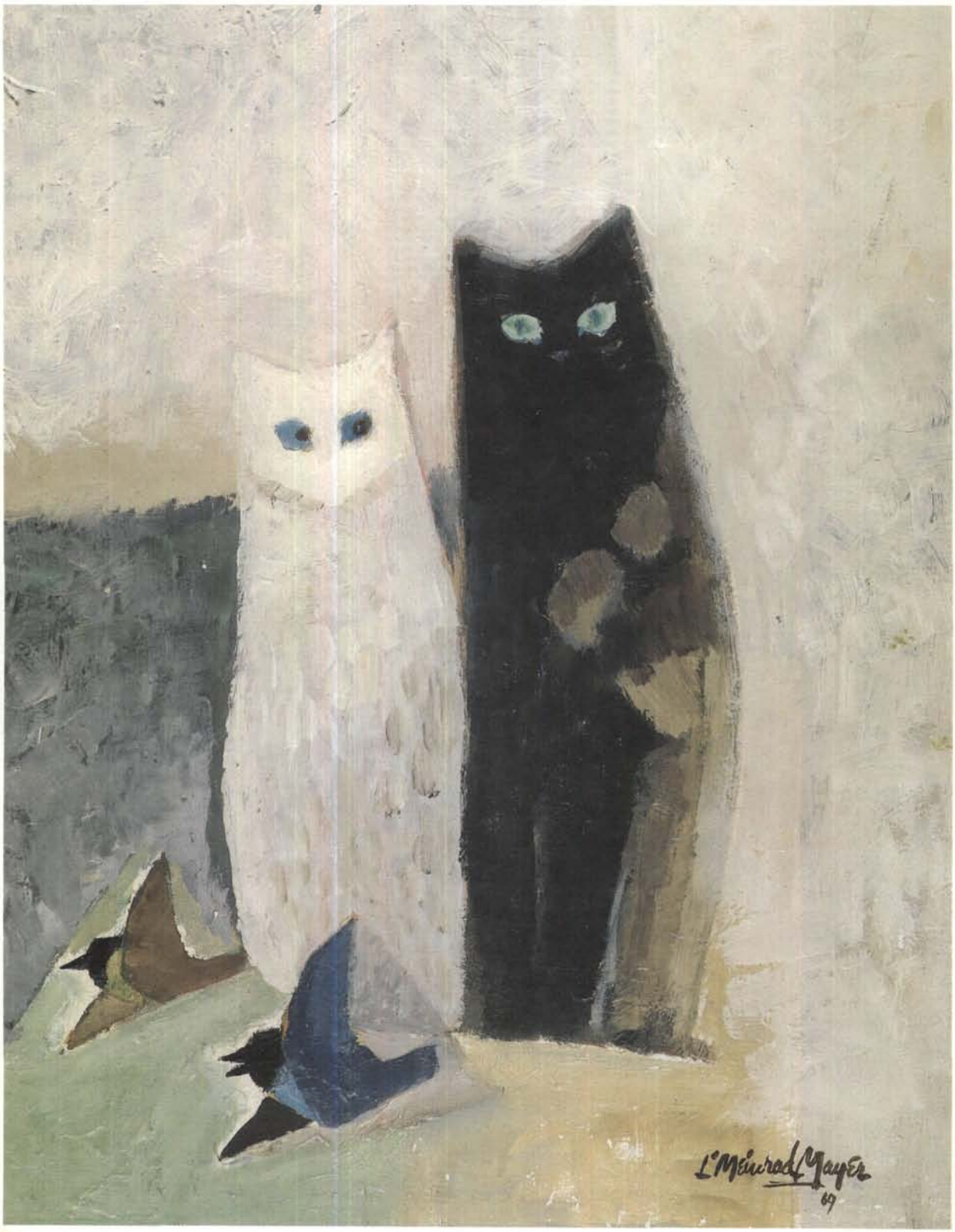

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MY WALK WITH "LADY" LUCK

She may be a lady to Frank Sinatra, but in some families Luck has turned out to be a flat-out floozy.

by Maynard Good Stoddard

Illustrated by Don Trawin

Why is it, one might ask—I being the one—that Luck runs in some families while in other families she walks, with a limp.

Take my family, if you're not particular.

We had this aunt who contracted tuberculosis from licking Christmas seals. Another aunt on her way to Wednesday night prayer meeting was run down by a rusty police car and died of lockjaw. One of our nephews was drowned in a watermelon-eating contest. During the Great Depression the only job an uncle could find was to sit behind the front window of an Italian restaurant and eat spaghetti and meatballs from 10 a.m. to 5 p.m.—with an hour off for lunch.

You may remember the cousin—actually a cousin twice removed, removed the first time to Leavenworth, the second time to Sing Sing—who was released from the latter institution a few days before Christmas and stopped off in New York City to pick up a few gifts for the folks back home. The poor fellow ended up with three fractured vertebrae and a ruptured spleen from falling down a flight of hotel stairs with an armload of Gideon Bibles.

Why his brother suddenly decided to leave for Africa has never been cleared up. The consensus was that it had something to do with his walk through his neighbor's back yard one night and stumbling over something which he couldn't identify. Picking it up and carrying it home, under the kitchen light he discovered that it was an armload of wood.

After several nights of such occurrences, the neighbor came over to discuss the mystery of how come his woodpile was depleting so rapidly while cousin's was holding its own, if not gaining. Cousin left for Africa the next morning.

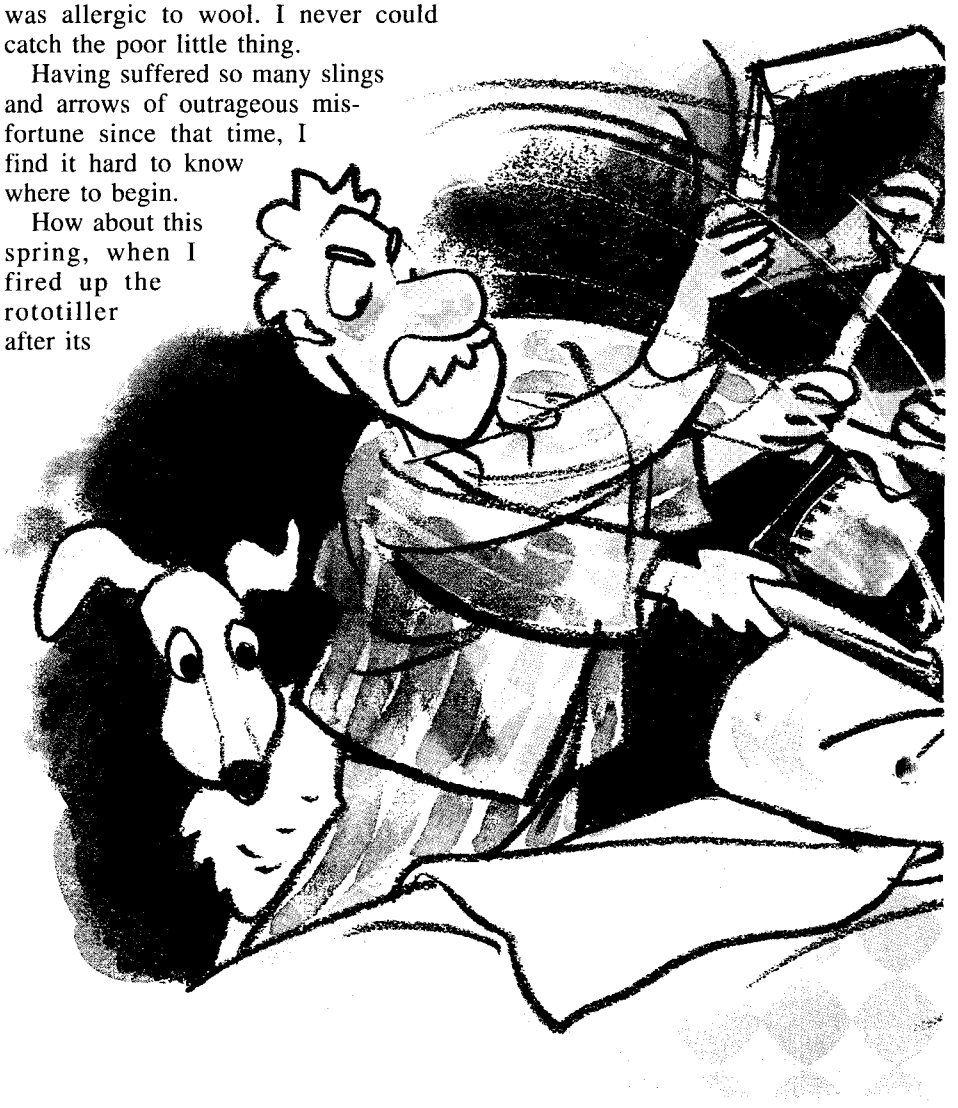
Luck's casual concern for our family is perhaps no better exemplified than by the abortive efforts of Thomas Alva Edsel, our entrepreneurial uncle. For his initial effort he chose to concoct the soft drink, "6-Up." He followed this with a man's deodorant which he labeled "Left Tackle." Uncle Edsel then spent 10 years writing *The Hunt for Blue November*. It sold a grand total of two copies, one being returned for a refund, a banana peel still in place as a bookmark between pages two and three.

Luck and I got off on the wrong foot as early as my tenth birthday with my parent's gift of a pet lamb. It was allergic to wool. I never could catch the poor little thing.

Having suffered so many slings and arrows of outrageous misfortune since that time, I find it hard to know where to begin.

How about this spring, when I fired up the rototiller after its winter hibernation. I remembered to shove the gear thing into "F" for forward, which got us to the garden. But when I shifted into "R" for Rototill, I nearly got myself rototilled full length. It's the "T" that starts the machine rototilling; the "R" is for Reverse.

I know what you're thinking. You are thinking that such a mishap by no means compares with the kind of luck that caused Uncle Quonse to be drowned in the Flint River while being baptized. (You remember Uncle



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Quonse, named after the Quonset hut because of his long head, due, it was said, to his mother having run into a mailbox the week before he was born.) The way it happened, the preacher said he couldn't be baptized with his hat on. Uncle said he wasn't going to take it off, not in that cold water. The preacher said yes he was. And somehow in the struggle poor Uncle Quonset stepped out too far and the current got him. Remember?

Anyway, Frivolous Luck continues to delight in her little shenanigans. Especially now that the knight of my youth has shed his armor.

Three months after recovering from cataract surgery I got a cataract on the artificial lens. The ophthalmologist of course calls the condition by another name, but he doesn't know Fickle Luck like I know Fickle Luck. Or Susie, for that matter.

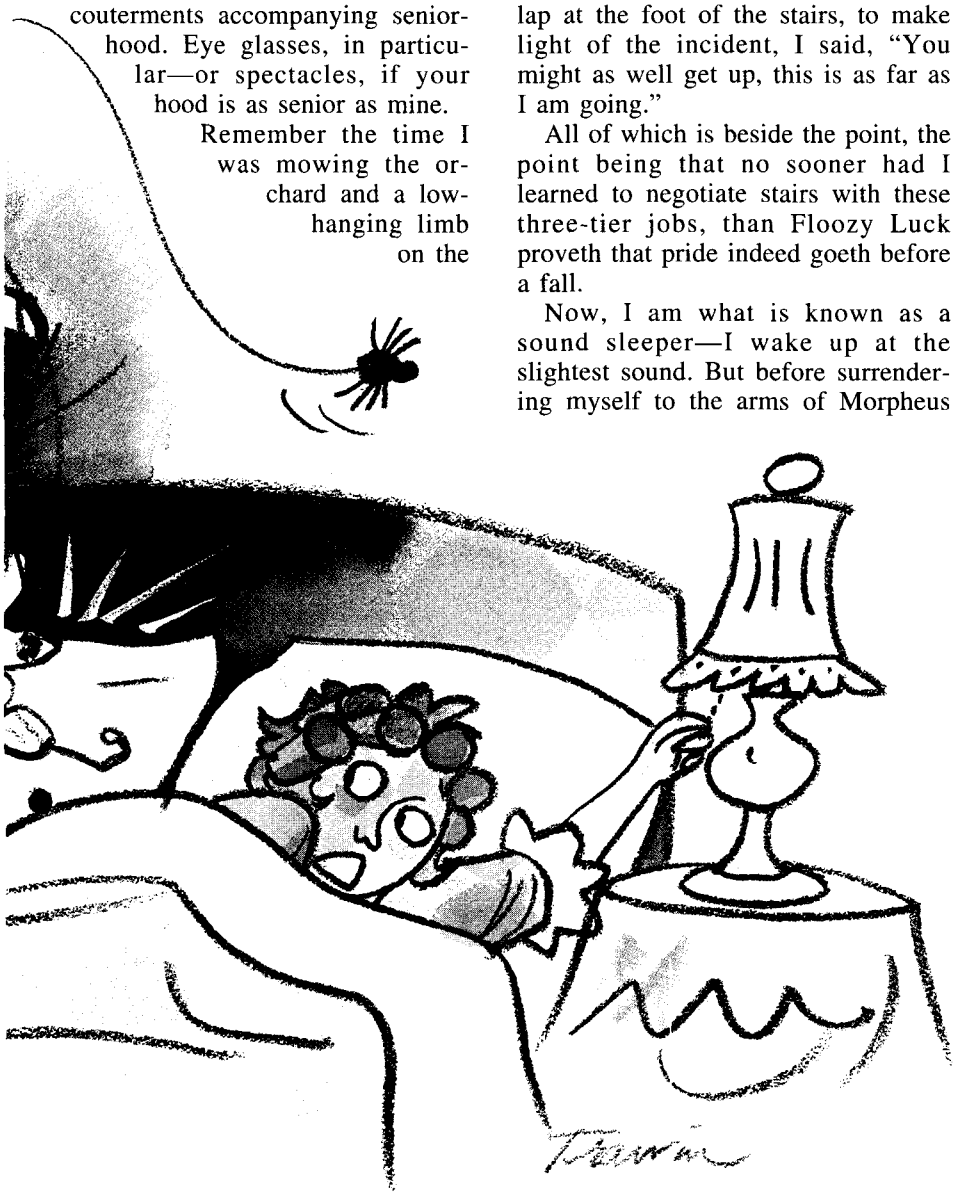
What a ball the old girl (Luck, that is, not my eye doctor) has with the accouterments accompanying seniorhood. Eye glasses, in particular—or spectacles, if your hood is as senior as mine.

Remember the time I was mowing the orchard and a low-hanging limb on the dwarf Red Delicious swept off my bifocals and before I could bring my big red Murray riding mower to a stop their mangled remains came spitting out the grass chute? My optometrist, requiring some ready cash, recommended replacing the remains with trifocals, at a humongous price per focal.

In the first place—or is this the second place? my memory . . . but you already know about my memory—trifocals aren't as easy to get used to as falling off a log. But falling *over* a log, or over the pattern in the living room rug, for that matter, is right down trifocals' alley. They also delight in showing two steps where only one step exists, leaving it up to Capricious Luck to have me stepping on the one that isn't there. Which increases momentum to the point where descents can best be described as spectacular. Like the one in the bank building where I took this girl with me. As she was still sitting on my lap at the foot of the stairs, to make light of the incident, I said, "You might as well get up, this is as far as I am going."

All of which is beside the point, the point being that no sooner had I learned to negotiate stairs with these three-tier jobs, than Floozy Luck proveth that pride indeed goeth before a fall.

Now, I am what is known as a sound sleeper—I wake up at the slightest sound. But before surrendering myself to the arms of Morpheus (not to be confused with the arms of Lois, my soulmate), I place my costly specs atop the Learning Tower of Literature that adorns my nightstand.



Here, as they say, the plot thickens.

My awakenings most often can be traced to Brutus, who sleeps on the floor at my side of the bed, and who has this hobby of collecting fleas, and celebrates each acquisition with a series of triumphant thumps that rattle the windows. On this particular night he attained such success that I finally rose up to see if I could kill him without disturbing my Sleeping Beauty. That's when I felt this *thing* on the back of my neck.

With an instinct born of sheer terror, I knew what it was. For the past two weeks the decor of our walls had gone to spiders, and I'm talking about spiders you couldn't get into a coffee mug without a shoe horn. To dislodge this critter, I shrewdly threw my neck out of joint and then joined Brutus, who rose up and dumped me back onto the bed.

Seeing the outline of this hideous interloper against the white sheet (off-white, to be honest—quite a ways off, to be precise), I grabbed up one of the books made convenient by the commotion, and began belaboring the beast.

It was at this juncture that my dear wife turned on the bed light, and in a voice a wife reserves for those occasions when she's awakened at 2:15 a.m. by hubby beating on the bed with a book, said, "And just what the billy heck do you think you are doing!"

You know, folks, it's rather difficult to formulate a plausible explanation when one is staring down at the remains of $179 worth of trifocals.

The good news is, Licentious Luck may at last be smiling upon me, however faintly. The breakthrough occurred at a motel in Port Clinton, Ohio, this summer. Coming in out of the bright sunlight, I failed to notice that some pranksters had removed a section of the plywood flooring leading from the dock area to the rooms, and I ended up at least four feet down surrounded by 2x6s and steam pipes. The motel people not only canceled the cost of our two nights there but also paid all of my hospital bills.

If your family happens to be one in which "Lady" Luck runs, I realize that this may not seem like much. But to me it's a step in the right direction.

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MOBILIZING FOR EARLY PROSTATE CANCER DETECTION

The Post Society's new Bob Dole Prostate Cancer Detection Unit debuts at the Dick Lugar Health Fair in Indianapolis.

The large white and blue van parked near the City Market in downtown Indianapolis added a new attraction at this year's Dick Lugar Health Fair, sponsored by U.S. Senator Richard Lugar. At previous fairs, Post Society mobile units have offered free breast cancer screening for women, testing for the HIV virus, and free blood pressure checks. But this new testing unit was special. It was for men only.

The Bob Dole Prostate Cancer Detection Unit, sponsored by The Saturday Evening Post Society, arrived not a moment too soon for many local men who had been putting off their all-important checkup for prostate cancer. Experts now say that every man over 50 should have the digital rectal exam (DRE) and the prostate-specific antigen (PSA) test as a routine part of their annual battery of physical exams, but far too many do not.

At the fair, it didn't take our urologists long to discover several potential prostate cancer cases. Out of 68 men screened in four hours, the doctors detected suspicious nodules in four men using DRE and found three elevated PSAs, indicating prostate problems. The final status of these men is not yet known, but some of them may unfortunately end up among the 132,000 new prostate cancer cases that doctors anticipate in the U.S. this year.

To protect themselves against prostate cancer, men over 50 should be tested annually with the best combination for early detection, a DRE and a PSA.

No one knows this better than Senator Robert Dole, U.S. Senate minority leader and former presidential candidate, who was diagnosed last year with an early stage of prostate cancer through a PSA test. Since then, Dole has been spreading the word about early testing to every man who will listen. Senator Dole was the inspiration for our mobile testing unit.

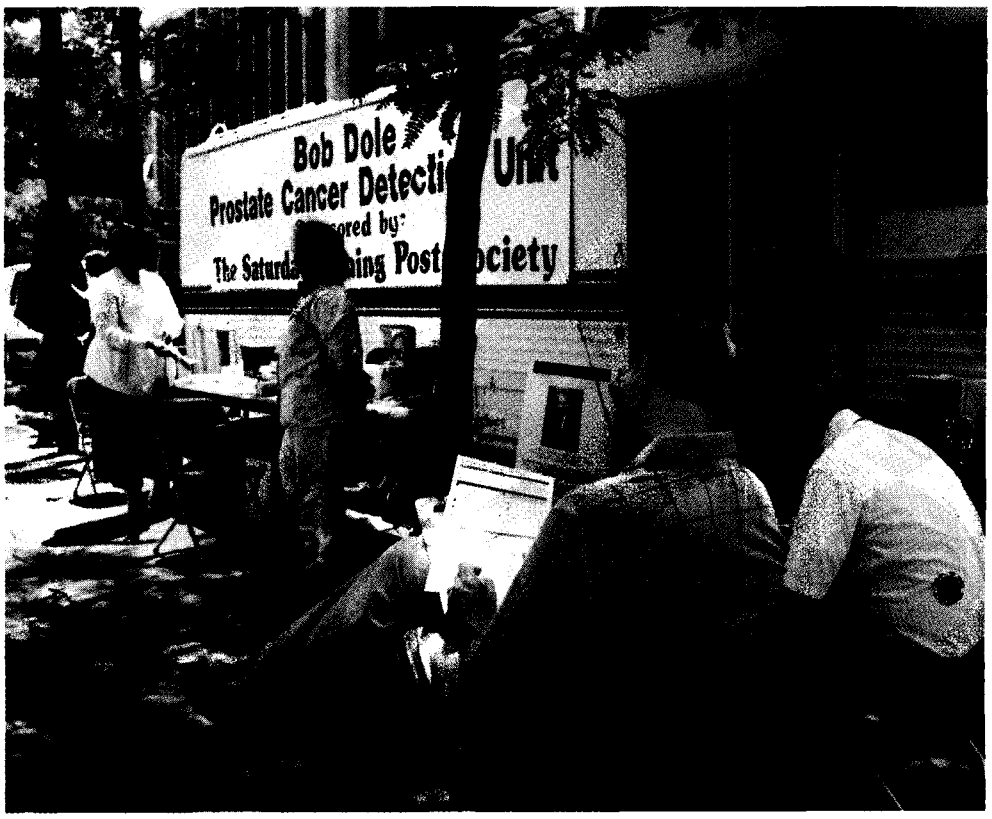
Our goal at the Dick Lugar Health Fair was to test as many men as possible for prostate cancer using both digital rectal exam and the PSA tests. Some men were already waiting for their exams when our detection unit arrived.

"I was walking across the street from the court and I saw a sign and Bob Dole's picture," one man told us. "When it said a leading cause of death, I thought I'd better find out if it's number one. . .I'd better not worry about number two and go for number one right now." Another man of 57 had never had a prostate check. "I think it's about time," he told us. Among those who took advantage of the free testing were U.S. Senator Richard Lugar, federal and county judges, and other government officials.

Many men said they hadn't been to a doctor for at least three years. These, of course, were the very men we wanted to attract.

Dr. Mark Austenfeld of the University of Kansas Medical Center, one of the urologists who manned our testing unit, has found an 11 percent rate of elevated PSAs in subjects who come to his once-a-month free clinic in Kansas.

Getting a baseline test is important so that an unexpected and ominous increase can be detected. Twenty-five percent of men with a PSA of 4 to 10 will be found by further testing to have prostate cancer. But 65 percent of men will be harboring prostate cancer if their PSA is more than 10.



Indianapolis men fill out forms before entering the Bob Dole Prostate Cancer Detection Unit for a free prostate exam. They also received the PSA blood test which is revolutionizing the early detection of prostate cancer. (Right) Doctors Mark Austenfeld and Ted Bailey donated their services to the mobile screening effort.

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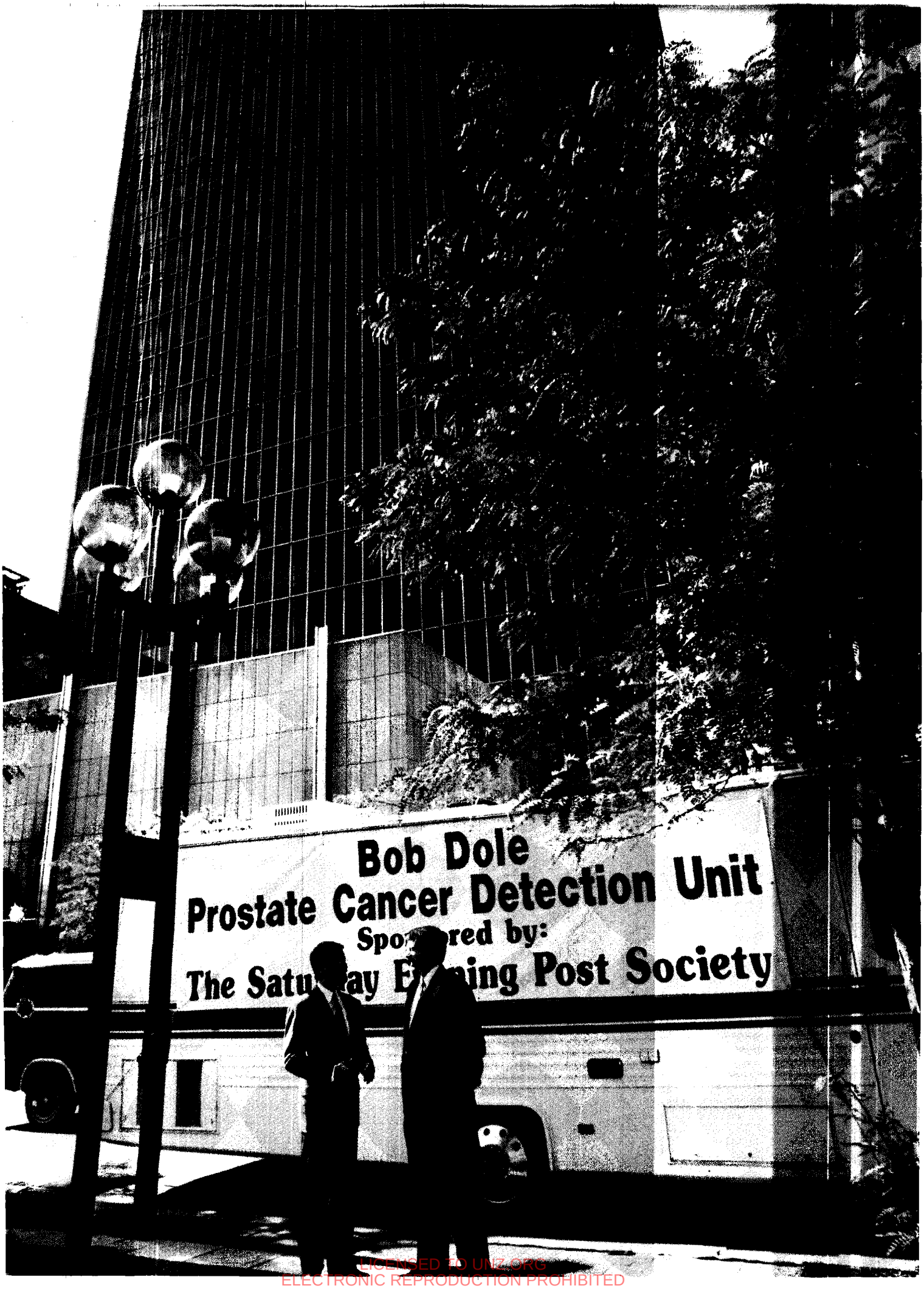

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EDITORIAL

THIS CANCER CRUSADE NEEDS YOU

Terminal prostate cancer is preventable. Help Bob Dole and the SatEvePost Society spread the gospel of early detection with the prostate-specific antigen (PSA) test every year for men 50 and older.

by Cory SerVaas, M.D.

Have you ever wished you could do something about cancer? When you sit with a cancer-ridden family member or friend, do you feel frustrated and helpless?

Actually, there *is* something you can do to prevent cancer deaths right now! Your acts could save hundreds of men from dying of prostate cancer.

To help with the Bob Dole Prostate Cancer Detection effort, you don't need any medical training. You don't need money. You only need your own time and energy.

The task and opportunity at hand is to help educate every male over 50 years of age about the need to have a PSA (prostate-specific antigen) test now!

Assign a volunteer to contact newspapers, radio and television stations in your area. Having a celebrity or a popular government official will help to publicize your cause and bring in more men.

This great opportunity exists because physicians have only recently been given the green light to begin screening for prostate cancer with the PSA test. Heretofore, it was used primarily for monitoring progress of an already discovered prostate cancer.

Now, just as with mammograms, the PSA test is used to establish a baseline. If that PSA level goes up rapidly, fast action is called for.

How can you help as many men as possible? Try this:

▶ If there is a hospital near you, meet the head of the pathology department. Tell him you want to put on a free screening effort . . . not that you can screen everyone free, but by staging the event you will be alerting many who can't come that they should be getting checked at their earliest convenience.

▶ Ask the chairman of the pathology department if he could help by sending phlebotomists to draw the blood during your screening Fitness Festival. A phlebotomist is a technician trained and licensed to draw blood.

▶ Then ask if they will run the tests at the hospital. If they can't contribute their services, suggest that you can help by raising money to help them pay for the tests to be run in the hospital lab.

▶ Next talk to the urologists in your town. Tell them you want to put on a Fitness Fair and that you would like volunteers to do digital rectal exams (DREs) for those men who wish to have the test. Remind them that more than half the men in the country don't have a digital rectal exam yearly. If they wish to be paid an honorarium for coming to your festival, set about to raise money for them, but the chances are good that they will be glad to see that you are interested in helping them catch prostate cancers early. The 10 percent of men who will be found to have abnormal prostate results will become immediate urology patients for the urologists in your town.

▶ If you live in a rural community, family doctors can do the digital rectal exams. If you hit a snag here and no doctors are available to do the DREs, then just screen for elevated PSA results. We have found a number of men who have checked off only the PSA test on our invitations. Most men, if given a choice, would

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rather have blood drawn than submit to a rectal exam. Of course, they should do both.

▶ Next get some local merchants to donate prizes and stage some fitness events to help make it a fun afternoon.

▶ Ask the golf pro at your public links or your club to put on a putting contest at your Fitness Fair. Tell a tennis pro about your mission or find senior citizens who play in tennis tournaments. Ask them to organize a tennis tournament for mixed doubles for couples 50 and over.

▶ Get wives involved, as they are often the ones who encourage their husbands to go to a doctor for a checkup.

▶ Good events to include at your Fitness Fair are instruction in race walking, a horseshoe pitching contest, a putting contest, foot races, and a tennis tournament.

We'll send you the artwork for your Bob Dole Prostate Cancer Detection posters to be put up and we'll provide you with samples of our Fitness Farm Newsletter announcing the Fitness Fair so that you can fill in your own copy with appropriate dates and activities.

Your sponsors can be listed on your posters and on your newsletter invitations.

The invitations provide a tear-out to be mailed back, with blanks for indicating the activities in which the respondents wish to participate.

Depending upon the demand, the SatEvePost Society can lend a large Bob Dole Prostate Cancer Detection Unit banner for your testing station.

You're on your own as far as refreshments, but if you hold your event in a park near a shopping mall, it would be easy to get donations of health foods for your Fitness Fair.

Wholesale fruit and vegetable companies are willing to assist worthy causes. Dole fruit company sent large balloons and cartons of bananas for one of our Fitness Fairs. California Raisins sent sample raisin packs for all, and Kellogg Company and General Foods provided snacks. A local bottled water company provided water. And once the event gets under way you will be amazed at how easily it all comes together.

TV and radio stations contribute time covering the event. Newspapers write about it. The media attention helps the education process.

Remember, until Bob Dole had prostate cancer, our government was spending $27 million dollars on prostate cancer research as opposed to $2.1 billion on AIDS research and $120 million on breast cancer research. Thanks to Bob Dole's fast action, our government has approved a budget of $100 million for prostate cancer.

We know very little about what is causing the incidence of prostate cancer to rise in the U.S. We do know, however, that the prostate-specific antigen blood test can detect prostate cancer before it can be felt in a physical examination (DRE).

Technicians who draw blood are readily available in every community. They are taught to prepare the blood to be sent to a laboratory where it can be tested and the results obtained in a few minutes.

There is another opportunity for you to help even though you're not medically trained. You can write to your congressmen to urge more funding to help fight this cancer. Tell them that one in eleven white men and one in nine black men will get it.

In some states, health insurance companies do not pay for the PSA screening test. You could write to insurance regulating agencies in your state urging them to encourage health insurers to allow reimbursement for this procedure.

We invited men 50 to 100 years old to come to our Fitness Fair for testing. Couples were invited. We mailed invitations to all the SatEvePost Society members in our city and surrounding counties. If you want to mail invitations to Society members (Post subscribers all) in your town and surrounding countryside, we can send you these names and addresses.

The invitations can be mailed from our office if you prefer and if you plan your event far enough in advance, we will print a notice about it in the *SatEvePost* at no charge to your group.

Please call or write to David Sykes at the Saturday Evening Post Society with any questions about sponsoring a Bob Dole Prostate Cancer Detection effort at your Fitness Fair.

Invite prominent men in your locality to help attract attention to your Fitness Fair. A phlebotomist draws blood from Senator Lugar for a PSA test at the Dick Lugar Health Fair.

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OPEN FORUM

THE WAY WE WERE

A reflection on the civilization that once prevailed in this land through responsibilities to God, country, community, and family.

by John A. Howard

Illustration by Norman Rockwell

Japan's assault on Pearl Harbor was a thunderbolt that exploded in every living room in the United States. The battles and the bombing and the destruction in Europe which Americans had been watching from the balcony for two years were instantly no longer just somber news reports, but a terrible, frightening reality that had taken command of our whole lives.

For the men of draft age, the ultimate question of human existence was starkly catapulted to the top of the agenda. Are we merely clever animals that some improbable quirk of evolution has delivered, or are we children of God placed here with obligations to Him and to other human beings? Does the individual seek to save his own skin as his first and overriding concern? Or are there ideals and linkages and duties that compellingly call him to serve his country's flag?

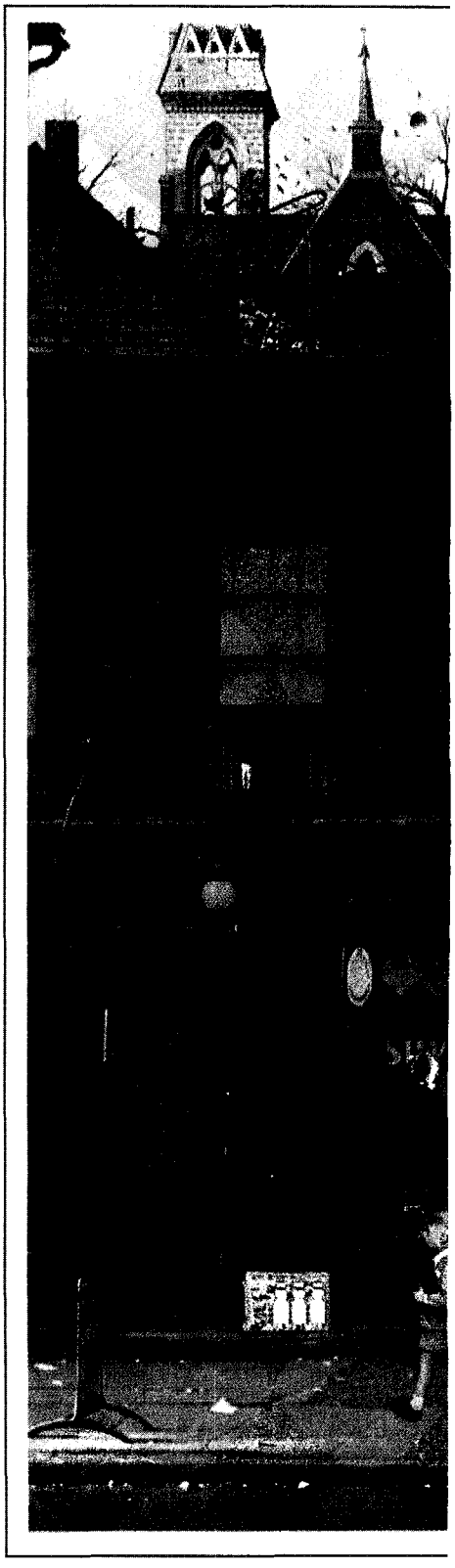
At that time and over the months that followed, many Americans volunteered for military duty, and millions were drafted with all but a small handful of them responding readily and serving creditably in the capacities to which they were assigned.

I was a member of a tank battalion in the First Infantry Division. Our unit participated in the D-Day landings in Normandy. Eleven months later, we met the Russians in Czechoslovakia as the European part of the war came to an end. Most of those 11 months we were under enemy fire.

It is difficult for a person who hasn't experienced combat to imagine what it is like or to conceive of the emotional stress that accumulates. It is a shock to fire weapons at other human beings, and kill them; to adjust to a continuing series of deaths of people you have worked closely with and liked and counted on; to come to terms with the fear for your own life; to bear responsibility for life-and-death decisions, some of which turn out badly for your comrades; to carry on through prolonged periods with next to no sleep; to spend day after day never knowing what will happen the next minute. After combat, the soldier is different from what he was before, emotionally scarred and to some extent estranged from family and friends. There is an intense and chaotic chapter of life that simply can't be shared. It is private and unspeakable.

The point of all this is not to drum up some sympathy and applause 50 years after the fact. Rather I want to focus on the performance of America's civilian military forces in that conflict. Despite relentless emotional stress only a very small percentage of the troops had psychological breakdowns, or combat fatigue as it was called, and not many turned to alcohol or drugs as an escape mechanism. The national psyche in that era was sturdy and resilient. And needed to be, not only for the pressures of fighting, but also for the ordeal of the training process.

Think for a minute about the raw material that became America's fighting troops. Our battalion was drafted from the state of Illinois. We had farm boys and factory workers, accountants and dishwashers, grocers and truck drivers; we had a whole United Nations of Chicago ethnic groups; we had athletes and couch potatoes, we had people with graduate degrees and school dropouts. It was as if you assembled Christopher Robin and Pooh and Piglet and Eeyore, Dagwood, Bart Simpson, Robin Hood, and the Three Stooges and set out to forge them into a physically fit, alert fighting force trained in the use of complex weap-



About the Author: *John A. Howard is a counselor and former president of The Rockford Institute in Rockford, Illinois.*

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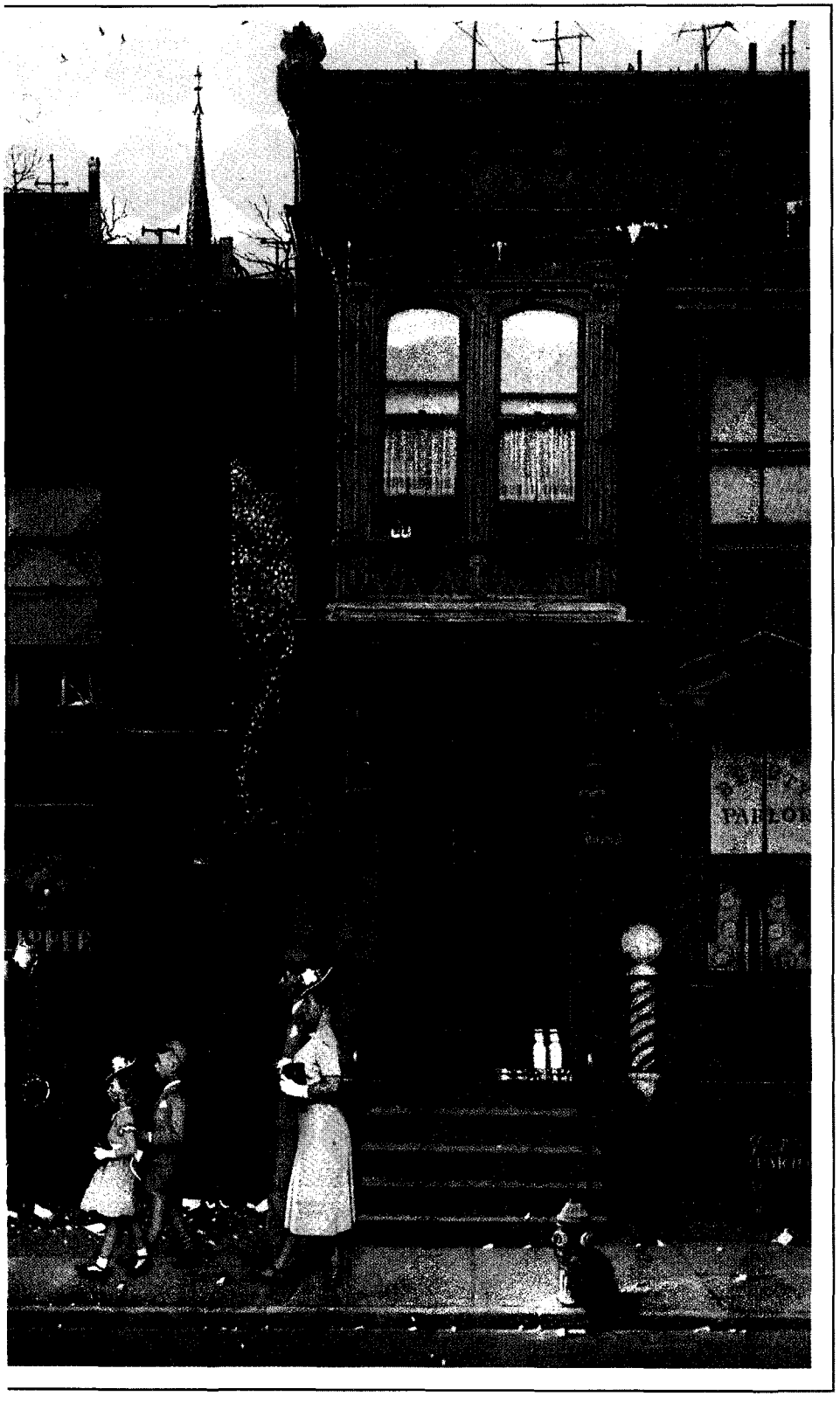
ons, communication systems, battlefield tactics, and other realms of mortally important knowledge.

Not only were the civilian recruits a mixed bag, but so were the people who trained them. The teachers were regular army sergeants and corporals. In order to provide sufficient instructional staff for the avalanche of draftees, many army regulars were pressed into teaching service who would not have been in normal circumstances. Patience and helpfulness were not then standard concerns in the military training process. Techniques of encouragement for slow learners often consisted of shouting, cursing, humiliating, and punishing. It was an amazing feat of forbearance and learner determination for civilian America to rise above the heavy-handed indignities of the training process and somehow come to know the things that had to be known to fight a war.



What were the features and conditions of the American reality 50 years ago that prepared the general populace to accept military service, to be undaunted by and profit from a crude training system, and to remain on an even keel emotionally through the rigors of warfare?

There are, of course, no simple answers, but there are, I believe, some elements of the culture which had a powerful impact in shaping the character of the people of that time.

One was set forth in the book, *Man's Search for Meaning*, a narrative about one of Adolph Hitler's death camps. The author, Viktor Frankl, was an Austrian physician, incarcerated because he was a Jew. The prisoners were subjected to unbelievable extremes of cruelty, privation, and persecution. They had inadequate clothing and housing and almost no food. They were forced to live in filth and were given no medical care. Dr. Frankl did what little he could for the sick and dying. Over a period of time, his physician's habit of observing the health of the people around him led to an astonishing discovery. The people who kept their strength and sanity the longest were not the ones who by brute strength or clever tricks obtained more than their share of the scarce food, but rather those who tried to be helpful to the other prisoners and shared with them what little they had. Their physical and mental condition seemed to be strengthened by their friendliness, their compassion, and their primary attentions devoted to something other than themselves.

At first, Dr. Frankl found this hard to believe, but as the months went by, his observation was thoroughly confirmed. It was clear to him that no matter how wretched and hopeless a situation may be, the individual has the freedom to choose how he will respond to that situation, and if the response is one of trying to make life better for others, that effort reenforces the individual's psychological and physical stamina.

Anyone who was old enough for

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military duty on December 7, 1941, had lived through the Great Depression. That phenomenon scarcely rates a footnote in today's history books, but it was, I assure you, a formative influence in the character of a generation of Americans. Consider, for example, the impact on the labor force. Jobs were scarce and people soon learned, if they didn't already know, that the employees who helped each other and did all they could to make the operation successful had the best chance of keeping their jobs. If the boss was a grouch or didn't seem very bright, the worker still needed to do his best to find ways to get along with his employer. The folks who were always thinking about themselves, the quarrelsome ones and the chronic complainers soon discovered they weren't needed.

The financial bind of the depression had an impact on children, too. If they could obtain part-time work delivering newspapers or putting stock on the shelves of a store, or shining shoes, that income helped to put bread on the table. It also gave the children an early experience in the satisfaction of being helpful and a justifiable sense of self-worth. With little money available for entertainment, and with no television, children read more than they do now. They played sandlot games of softball and touch football and learned how to get along with one another without the adult supervision of coaches and referees. The need to "make do" in the necessities of the household as well as in recreation was a good teacher of cooperation and independence.

Pre-World War II was also vastly different from today in the religious dimensions of American life. The importance of religion to emotional health was set forth by the Swiss psychiatrist Carl G. Jung in a book entitled *Psychotherapists or the Clergy*. He wrote:

"During the past 30 years, people from all the civilized countries of the earth have consulted me . . . There has not been one whose problem has not been finding a religious outlook on life. It is safe to say that every one of them fell ill because he had lost that which the living religions of every age have given to their followers, and none of them has been really healed who did not regain his religious outlook."

He was referring to the peace and stability that comes to the person who acknowledges a deity and a fixed set of ideals that provide a framework for living. America began as a religious nation and prior to World War II it was still widely assumed that people believed in God and belonged to a church or synagogue. The "til death do us part" in the marriage vows was still regarded as a commitment to God. Divorce was infrequent and there was a stigma and an embarrassment that fell on those who did divorce. Blasphemy was not a subject for literature or for joking.

The respect for other people's religious commitments was such that no large private party or public event was held on Friday evening that did not provide a fish entrée for the Roman Catholics in attendance, for in those days avoiding meat on that day was obligatory for them. The newspapers and magazines had no qualms about printing testimonies of religious faith. A particularly powerful one was printed as the editorial for *U.S. News & World Report* and was reprinted again several years later. It was written by Madame Chang Kai-shek in 1943 at the time she and her husband were trying to rally the Chinese people in territories already captured by the Communists. Here is an excerpt from her statement:

"Prayer is our source of guidance and balance. God is able to enlighten the understanding. I am often bewildered because my mind is only finite. I question and doubt my own judgments. Then I seek guidance and when I am sure, I go ahead, leaving the results with Him . . . I do not think it is possible to make this understandable to one who has not tried it. To explain to one who has no experience of getting guidance what it means would be like trying to make a stone-deaf person understand the beauty of a Chopin sonata.

"What I do want to make clear is that whether we get guidance or not, it is there. It is like tuning in on the radio. There's music in the air whether we tune in or not . . . With me religion is a very simple thing. It means to try with all my heart and soul and strength and mind to do the will of God."

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It wasn't until 1947 that the United States Supreme Court suddenly discovered that the First Amendment to the Constitution contained language that implied a wall of separation between church and state, although no such language appears in the text. Before that time biblical stories and biblical quotations and religious literature and prayers were an important and wholly expected element of American education in the public schools and colleges as well as the private ones. The impact of the banishment of God and faith and prayer from the educational process was manifest in national surveys conducted by the Princeton Religious Research Center founded by George Gallup.

A poll conducted in 1952 revealed that 64 percent of the 18-24 age group, whose schooling had taken place for the most part prior to the Supreme Court Decision, stated that religion was very important in their lives. Twenty-six years later only 37 percent of the same age group considered religion important in their lives. In 1958, 40 percent of the under-30 age group attended church weekly. Nineteen years later that figure had dropped to 29 percent. There was a 40 percent drop in both categories after the Supreme Court cleansed the schools of religion. Obviously, America's troops in World War II were the beneficiaries of the earlier kind of schooling.

Another dimension of the America of 50 years ago was the centrality of the family in the life of the people. We have already noted the children's role in helping to earn income in the depression and have indicated the infrequency of divorce. More needs to be said. Fourteen years ago our Rockford Institute sponsored the first national conference on the importance of the family and the need to reverse family disintegration. One of the speakers on that occasion talked about his own family and said that although they had very little money, they had everything money can't buy. I have never read an essay that describes more accurately than that small phrase the blessings which a family can provide to its children. Most Americans going into military service in the 1940s carried with them the benefits of having lived in an intact family.

I want to conclude this rather subjective reflection on what America seemed to be in the 1940s with a quotation from one letter, the full text of another, and a final comment. The first is a passage from the letter my mother tucked into my pocket as I went out the door to report for military service.

"None of us knows what is in store for us in this life, but one thing is certain: If we live according to the noblest ideals of our faith and our traditions, we will have used well the time alloted to us. Faced with the prospect of combat, it may be tempting to set aside what we know is right. A high price is paid for such a departure. Others *may* suffer for our lapses; we *always* do. It is an earned privilege to hold your head high."

The other letter is from Jacob L. Devers, the Commanding General of the United States Army. It is dated December 18, 1945.

"Dear Lieutenant Howard:

"Your recent return to the civilian pursuits, which you left at our country's call, prompts me to express my sincere appreciation for the service you have rendered the Army Ground Forces.

"Our victory would not have been possible without your aid and the aid of other citizens who, like you, left their homes and families to defend our principles of freedom.

"The responsibilities of members of a citizen army have not ceased with the termination of hostilities. I know that you realize your duties to your government as a private citizen all the more as a result of your military experience.

"I know, too, that you will always remember, with pleasure and just pride, the friendships you have made, your experiences with the finest Army in the world, and the sincere gratitude of our Nation."

That letter, too, represents the civilization that once prevailed in this land, speaking openly and proudly of the responsibilities of the citizens. The remarkable performance of America's military forces in that era was, I am firmly convinced, a reflection of the then reigning culture, in which responsibilities to God, to country, to community, to neighbors, and to family were willingly accepted as the givens of life in this free country.

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THE PATIENT WHO COULDN'T SPEAK

Only the young medical student could hear and understand the old sailor's call for help.

by Dennis W. Ross, M.D.

Illustration by Frederick H. Carlson

Years ago, I was one of a group of medical students on a neurology ward at the Veterans Administration Hospital in San Francisco. While at the bedside of one patient, half listening to the professor drone on about a rare neurologic syndrome, I distinctly heard someone call for help. Looking around, I could see no one calling and none of my colleagues seemed to have heard anything. A minute later I heard it again, and this time found the source. A patient across the room was sending Morse code with a spoon on the bedside table. I walked over to this patient. The nurse told me that he was aphasic (unable to speak) because of a stroke four days earlier. I started sending code to him with the spoon. In a rush he poured out his story to me, at first sending too fast for me to follow.

Harry was retired from the Merchant Marine, now living in an old sailors' home "on the beach" in San Francisco. He was a large man who looked older than his reported age of 69. He didn't have the weatherbeaten look one imagines in old sailors. He explained to me that this was because he'd always been a radio operator, inside a small, dark room away from the elements. He told me that since his stroke, he'd felt as if he were trapped in the radio room with the door locked from the outside. The receiver was still working, but the transmitter was broken. He couldn't talk back to anyone. He'd been tapping away with a spoon for days, even though he'd given up hope of being "rescued." Paralysis of his right side had prevented him from writing any messages.

I brought to the hospital an old Vibroplex Sidewinder telegraph key, which was Harry's favorite for sending Morse code. Harry had spent a good part of his life on oceangoing freighters as a radiotelegraph operator. He told me a story of something that had happened at sea several days before the attack on Pearl Harbor. Harry surmised that there was a large number of Japanese ships in the Pacific. His merchant vessel wasn't far from the Japanese fleet and heard the low-power radio exchanges between large numbers of vessels using the variant Morse code of the Japanese. He tried to inform West Coast and Hawaiian naval authorities of the impending attack. Harry proudly displayed a book one of his friends had brought from the old sailors' home that told this story.

Daily visits by the medical staff amused Harry and me because for a while we became the center of attention. A group of doctors would surround his bed and watch me write down Harry's Morse code messages to the outside world. As time passed, however, there was little change in Harry's neurologic deficit. And like all things, the novelty wore off. Harry never regained his ability to speak, but he was verbose in Morse code for all the days I was able to follow him.

"He'd been tapping away with a spoon for days, even though he'd given up hope of being rescued."

While Harry was in the hospital, I got to know him much better than any other patient on the neurology service. Years later I remember his stories, when I've forgotten everyone else on that ward. Ironically, this patient was classified as "unable to communicate" and considered a special problem for nursing-care placement. I don't think aphasia was a serious problem for Harry. He was accustomed to many nights at sea, talking via Morse code to his friends on other ships and ports around the world. I believe Harry and I communicated better by Morse code than we would have by voice. I knew his medical history more thoroughly than if I had interviewed him in the conventional way. Even though Harry could hear without a problem, I began speaking to him only in Morse code. It seemed more appropriate and gave a private and personal nature to our conversations, not possible when talking on a large, open ward.

The other doctors and the nurses who couldn't understand Morse code treated Harry as if he were deaf or spoke a foreign language. I'd been taught that aphasic strokes don't limit a person's hearing. Despite proof of that in Harry, people would tell me a question to ask of my patient. Then they'd be surprised when he started sending his answer in Morse code before I had sent any code myself.

Communicating on a Different Level

There's a special nature to communications via Morse code. At night when I wear headphones and listen to code over the shortwave radio (usually with my eyes closed), I feel that I'm communicating without talking or hearing voices. After a long day of talking to people and hearing many voices, it's a pleasant feeling. An hour or so after I put on the headphones

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About the Author: *Dr. Dennis W. Ross is a pathologist and specialist in cancer medicine at Forsyth Memorial Hospital in Salem, North Carolina, and a professor at the University of North Carolina in Chapel Hill. He learned Morse code at the age of 11 while studying for his ham radio license, and he is still an avid ham radio operator, which he finds relaxing.*

Dr. Ross's current research interest is the use of DNA probes for diagnosing cancer. This is the subject of his new book, Introduction to Molecular Medicine, *published in April by Springer.*

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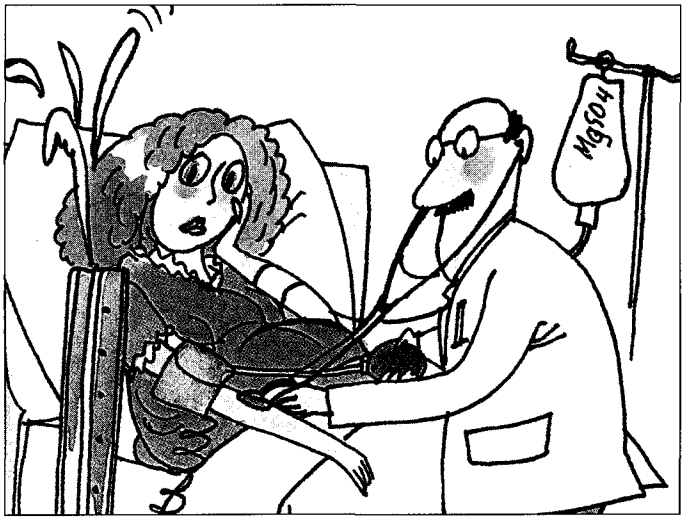
MAGNESIUM SUPPLEMENTATION IN THE TREATMENT OF DIABETES

American Diabetes Association

Editor's note: This report highlights the relationship of diabetes and magnesium and indicates the need for further research. Although some of the terminology may be difficult for lay readers, we urge diabetics to call the article to the attention of their doctors for explanation and further discussion.

Post editors' explanations of medical terms are in brackets.



A pregnant diabetic with fulminating hypertension (preeclampsia) is treated with magnesium sulfate.

Numerous research reports and clinical commentaries regarding magnesium deficiency have appeared in recent years. Linkages between magnesium deficiency and insulin resistance, carbohydrate intolerance, accelerated atherosclerosis, dyslipidemia [abnormal blood fats], hypertension, and adverse outcomes in pregnancies complicating diabetes have been observed or postulated. Direct effects of insulin on magnesium metabolism and transport have also been described. Clinical trial results, though limited, have drawn attention to the potential benefits of magnesium replenishment.

To assess the relevancy of these observations to diabetes research and practice, the American Diabetes Association sponsored a consensus conference on magnesium supplementation in the treatment of diabetes on 15-16 May 1992 in Philadelphia. Eight experts in diabetes and related disorders heard 13 presentations from U.S. and European investigators respected in the field of magnesium metabolism and its impact on health and disease. The consensus panel was asked to answer five questions focusing on diagnostic and therapeutic issues regarding magnesium and diabetes.

The following consensus responses were then developed by the panel:

Question 1: What Is the Relationship Between Magnesium Levels and Disease?—Magnesium, the second most abundant intracellular cation, plays a key role in cellular metabolism. It is important for cardiac contractility and conductivity, neurochemical transmission, skeletal muscle excitability, and the maintenance of normal intracellular calcium, potassium, and perhaps sodium levels.

Magnesium is found primarily in bone and muscle tissue, with approximately 1 percent in extracellular fluid. Normal serum concentrations are 1.5-2.0 mEq/L [milliequivalent per liter]. Magnesium is found in various foods but particularly good sources include liver, nuts, leafy green vegetables, legumes, and whole grains. The RDA for magnesium is 350 mg for men and 300 mg for non-gravid [not pregnant] women. Although it is estimated that only 30 percent of dietary magnesium is absorbed from the gut, and that the overall intake of dietary magnesium has declined during this century, magnesium deficiency as a result of inadequate dietary intake is unusual in the United States.

There are three main causes of magnesium deficiency: excessive urinary losses (e.g., diuretic therapy, diabetic ketoacidosis), decreased intestinal absorption (e.g., severe diarrhea, small bowel resection), and decreased dietary intake (e.g., prolonged parenteral nutrition). Hypermagnesemia [too much magnesium] may develop in people with renal insufficiency; the levels of toxicity are not clearly defined, but central nervous system depression appears at levels of approximately 8-10 mEq/l.

Available data suggest that magnesium concentrations (both serum and intracellular) are decreased in a number of disease states including hypertension, diabetes, perinatel morbidity [disease at birth] in diabetic pregnancies, arrhythmias, and congestive heart failure. Additionally, there are data relating magnesium deficiency to insulin resistance. Some investigators believe that diminished magnesium concentrations may underlie the "insulin-resistance syndrome."

Data relating magnesium deficiency to human disease are limited. Much of the data has been generated either in nonprimate animal models or in cross-sectional studies in humans involving hospitalized or clinic-based control groups. Carefully designed case control studies involving population-based control subjects, cohort studies, or clinical trials have not been performed. However, a small number of limited clinical trials have been performed examining the effect of magnesium replacement in the peri-infarction period [around time of heart attack] on ventricular arrhythmias and mortality. A recent metaanalysis by Teo et al. (1) suggests a beneficial effect of magnesium replacement in reducing postmyocardial infarction mortality. The studies encompassed by the metaanalysis did not focus on diabetic subjects, although there is no reason to believe that the outcome should be different in diabetic compared with nondiabetic subjects.

In the absence of prospective studies, it is possible that decreased magnesium levels may represent a marker

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or epiphenomenon rather than a cause of disease. In a number of areas, such as hypertension and diabetes, cross-sectional studies are sufficiently promising that more rigorous intervention-based studies in human subjects should be undertaken.

Question 2: Is There Magnesium Abnormality in Diabetes? If So, What Is Its Importance?—Hypomagnesemia [magnesium deficiency] has been demonstrated in both insulin-dependent and non-insulin-dependent diabetic patients. Magnesium deficiency in diabetes is most likely the result of increased urinary magnesium losses secondary to chronic glycosuria [sugar in the urine]. However, short-term improvement in glycemic control has not been shown to restore the serum magnesium level. Long-term studies may be needed to resolve this discrepancy.

The impact of magnesium deficiency on insulin secretion and insulin action is speculative. Limited clinical studies have suggested a strong association between magnesium deficiency and insulin resistance. However, it is doubtful that magnesium deficiency plays a primary role in the pathophysiology [altered function as in disease] of the abnormal carbohydrate metabolism of diabetes.

Acute hypomagnesemia may develop in diabetic ketoacidosis. Serum magnesium may parallel serum potassium. Elevated or normal levels of both potassium and magnesium may be seen in diabetic ketoacidosis at the time of presentation. After appropriate fluid and insulin treatment, magnesium levels may fall acutely, similar to serum potassium.

A role for magnesium deficiency in the development of the chronic complications of diabetes has not been established. However, the impact of hypomagnesemia in the pregnant diabetic patient deserves special consideration. Although the importance of magnesium depletion in malformations or stillbirths has not been firmly established, the neonates of hypomagnesemic [magnesium deficient] mothers are especially susceptible to severe hypomagnesemia, hypocalcemia [low calcium levels in blood], and tetany [tremors].

Question 3: Is Magnesium Deficiency a Risk Factor for Diabetes?—Currently, it would be premature to conclude that magnesium deficiency is a risk factor for the development of diabetes. However, strong associations have been shown between magnesium deficiency and insulin resistance. No study has demonstrated a causal relationship between the two. Also, there is no conclusive evidence in humans that magnesium deficiency chronically impairs insulin secretion. Therefore, the following areas of research should be pursued:

1. Prospective studies are needed to determine whether serum magnesium concentrations or other indices of magnesium nutrition predict the development of diabetes in population groups known to be at high risk.
2. Prospective studies are needed in diabetic patients to determine whether magnesium deficiency increases the risk of such complications as cardiovascular disease, retinopathy [disease of retina], or nephropathy [kidney disease].
3. Randomized controlled trials are necessary to demonstrate convincingly whether supplementation with magnesium will decrease the incidence of diabetes and its complications.

Question 4: Should Magnesium Levels Be Measured in People With Diabetes? If So, How and When?—Currently available technology severely limits our ability to detect magnesium deficiency. The only measurements available routinely are serum and urine magnesium. Serum magnesium measures only 0.3 percent of the total body magnesium, and may poorly reflect the magnesium content of various tissues. However, decreased serum magnesium levels do reflect a reduction in total-body magnesium content, except in circumstances of acute magnesium depletion, such as rapid diuresis [excessive urination] or recent administration of aminoglycoside antibiotics. Thus, serum magnesium is a specific but insensitive measure of magnesium depletion. Techniques that may better reflect total-body magnesium, such as ion selective electrodes or phosphate NMR spectroscopy, are research based and are not generally available for clinical use.

Urine magnesium must be measured in a 24-hour sample, because variable excretion rates throughout the day make shorter measurements unreliable. The usefulness of urine testing in the diabetic patient is further limited by the fact that glycosuria enhances magnesium excretion. A magnesium tolerance (retention) test may provide more useful information about total-body magnesium stores. This test requires the parenteral [occuring outside intestine] administration of a calculated dose of magnesium, followed by 24-hour urine collection, with calculation of the percentage of the magnesium load retained.

Until accurate indices of magnesium deficiency are available, routine evaluation of the magnesium status of otherwise healthy individuals with diabetes is not recommended. Nevertheless, it is appropriate to measure the serum magnesium in certain patients especially at risk of magnesium deficiency. These include patients with congestive heart failure or acute myocardial infarction, ketoacidosis, ethanol abuse, long-term parenteral nutrition, potassium or calcium deficiency, chronic use of certain drugs (e.g., diuretics, aminoglycosides, or digoxin), or pregnancy.

Question 5. Should People with Diabetes Receive Magnesium Supplementation? What Is the Safety and Efficacy of Such Supplementation?—Although considerable evidence has been published associating magnesium deficiency with insulin resistance, diabetes, and hypertension, well-designed prospective studies demonstrating safety and beneficial results of magnesium replacement therapy have not been performed. Adequate dietary magnesium intake can generally be achieved by a nutritionally balanced meal plan as recommended by the American Diabetes Association.

Immediate beneficial effects from intravenous magnesium administration in the acute peri-infarction period owing to a reduction of cardiac arrhythmias and of short-term postinfarction mortality have been demonstrated. Because myocardial infarction [heart attack] is the cause of death in most diabetic patients, magnesium administration to reduce peri-infarction mortality should be considered. A more complete evaluation of magnesium therapy in acute myocardial infarction will be forthcoming from clinical trials in progress.

In the preceding section, patients at high risk of magnesium deficiency were identified. In such patients documented with hypomagnesemia, oral

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A MAN BEHIND THE SCENES

. . . from extravaganzas on the White House lawn to tea with the Queen of England.

by Diana Piedra D'Avino

After Robert Gubitosi delicately hugged the new first lady that emotional election night of 1980, his eyes met with those of the fortieth President of the United States. Still buoyant with pride from the part he had played to make this moment possible, Gubitosi said, "Mr. President, I'm so very proud of you." Upon which the President replied, "And *we* are so very proud of *you*."

President Ronald Wilson Reagan proud of Robert K. Gubitosi? How come?

The answer requires first a visit to Gubitosi's Florida office, where he has become executive director of "Events Only," a company of professionals dedicated to orchestrating major occasions. The seemingly endless array of plaques, citations, letters of appreciation, and photos claiming attention on his office walls evokes memories of earlier successes that earned for him the position of Staff Assistant to the President of the United States and Director of the Office of the First Lady, the White House.

Gubitosi, a son of Italian immigrants, was running a security service in Boston when he first made contact with the Reagans. Frank Sinatra, Dean Martin, and Reagan, "a gentleman who *may* be running for President of the United States," as Gubitosi would tactfully phrase it, were taking part in a fund-raising event at Boston's Music Hall, and Gubitosi provided limousines and bodyguards for them. Next day he received a phone call congratulating him for a job well done and asking him to join the Reagan staff.

Following Reagan's election victory, Gubitosi, assuming his services would no longer be required, prepared to return to Boston and resume his security business. The Reagans were in *big* politics now, a tad out of his league, he thought. Suddenly, the lady he had come to know so well had become the first lady of the land, living in the White House. Would they ever meet again?

Gubitosi delayed his departure by accepting the assignment as Director of Security of the 1981 Reagan Inauguration, never dreaming of the events that were about to unfold for him, events that were to begin with a phone call: Would he take an assignment at the White House? Back in Boston, Phyllis and Joseph Gubitosi, Robert's immigrant parents, swelled with pride as they opened their invitation to the Inaugural Ball from the President and Mrs. Reagan. Although Robert's father has since passed away, the memory of seeing his dad dressed in tails for the inaugural will linger forever.

As Gubitosi began to set up his office as staff assistant to the President in the east wing of the White House, it was difficult for him to believe he was not on his way home—that the Washington scene had become home.

Now the logistics specialist for major White House events, Gubitosi found himself wading through uncharted political and emotional waters, and often felt intimidated by the plethora of advanced political science degrees that surrounded him.

"I had been giving serious thought to resigning my position," he says, "and I had to let Mrs. Reagan know how I felt and why . . . I didn't feel I fit in with the heavy-duty degrees and the All-American image. There I was, this Italian kid from Boston among all those people who weren't at all like me."

Mrs. Reagan's response was: "Robert, don't be silly. You belong here more than anyone else

RUBEN A. MENDIOLA, JR.

Actor Charlton Heston (center) was among the five thousand guests attending the opening of the Ronald Reagan Presidential Library. Gubitosi (left) choreographed the event.

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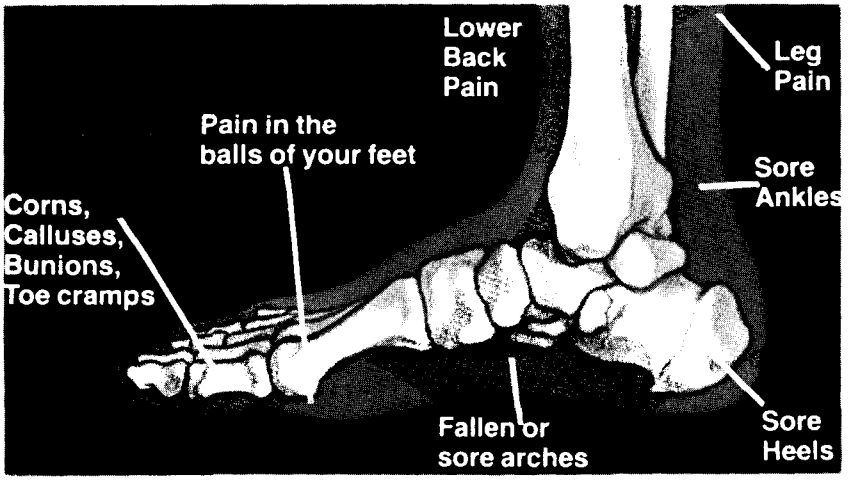
Foot Pain Is No Laughing Matter



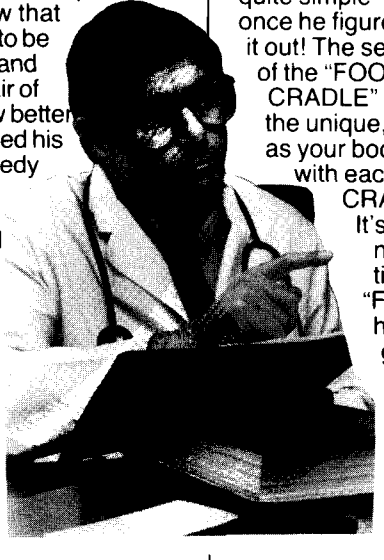
At Last—Here's Instant Relief!

If you suffer from foot pain you know better than anyone it's ***no laughing matter!*** Especially when you have corns, calluses, pain in the balls of your feet, burning nerve endings, painful ankles, old injuries, backaches, or just plain sore, aching feet.

Now with SwissCo "FOOT CRADLES" you will look back on suffering needlessly, and laugh at having put up with foot pain when you really didn't have to.

Doctor's Scientific Discovery Ends Foot Pain.

A Swiss doctor who specialized in foot therapy knew that painful feet needed to be properly supported and cushioned in any pair of shoes. No one knew better than he as he watched his patients try one remedy after another. Anything his patients tried never provided long-lasting relief from pain.



Finally, he set out to solve the problem himself. After testing dozens of special shoes and insole supports, he invented the amazingly successful "FOOT CRADLE".

The "Foot Cradle" Insert

A triumph of Swiss inventive genius! "FOOT CRADLE" weighs less than one ounce, yet its unique, contoured design enables it to help support your full body weight while unshackling your feet from their misery.

Works in any shoes—sandals, high heels, sport shoes, sneakers, work shoes, even boots. You won't even realize you're wearing them. See for yourself: Test "FOOT CRADLE" in your shoes entirely at our risk. (See special introductory offer.) Mail this coupon today for a whole new world of blessed foot relief.

How It's Guaranteed To Work For You.

Like all great inventions it was quite simple once he figured it out! The secret of the "FOOT CRADLE" is in the unique, contoured design. Just as your body weight shifts naturally with each step, so does the CRADLE.

It's designed to apply the natural laws of foot motion to pain-racked feet. "FOOT CRADLES", handmade from genuine European leather, easily slips into any pair of shoes you own. Once you start walking or running, you'll feel the difference immediately. Suddenly, you no longer wince when you walk. The pain from your corns and calluses will disappear. So, if you want to experience total foot pain relief and join the many thousands of other men and women who've discovered blessed relief from their foot pain, order today on our 30 day risk-free trial.

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on the staff because we want you here. I don't want to hear you speak that way again! . . . Now get back to work!"

Gubitosi left her office with all the confidence he needed to feel like a giant. The subject was never brought up again. In fact, he soon found that his duties extended to California. The occasion was a dinner-reception honoring Queen Elizabeth II, and the first problem was finding a location in Los Angeles that would accommodate all the stars, celebrities, and dignitaries who had been invited to the affair.

After consulting with a team from Buckingham Palace and the White House, Gubitosi masterminded the transformation of the old "M*A*S*H" lot at 20th Century Fox into a series of English gardens that created the tasteful environment befitting the guest of honor. With its abundance of exquisitely choreographed floral arrangements and a major entertainment star wherever you looked, it was, Gubitosi remembers, "one of the most unbelievable events I've ever created."

Gubitosi's next encounter with Her Majesty was decidedly less formal, not at all gracious, and certainly not expected.

As he tells it: "One of my first major out-of-the-country assignments was accompanying Mrs. Reagan to the wedding of Prince Charles and Lady Diana in 1981. Of the many pre-wedding events we attended, a polo match involving Prince Charles turned out to be one of my most memorable.

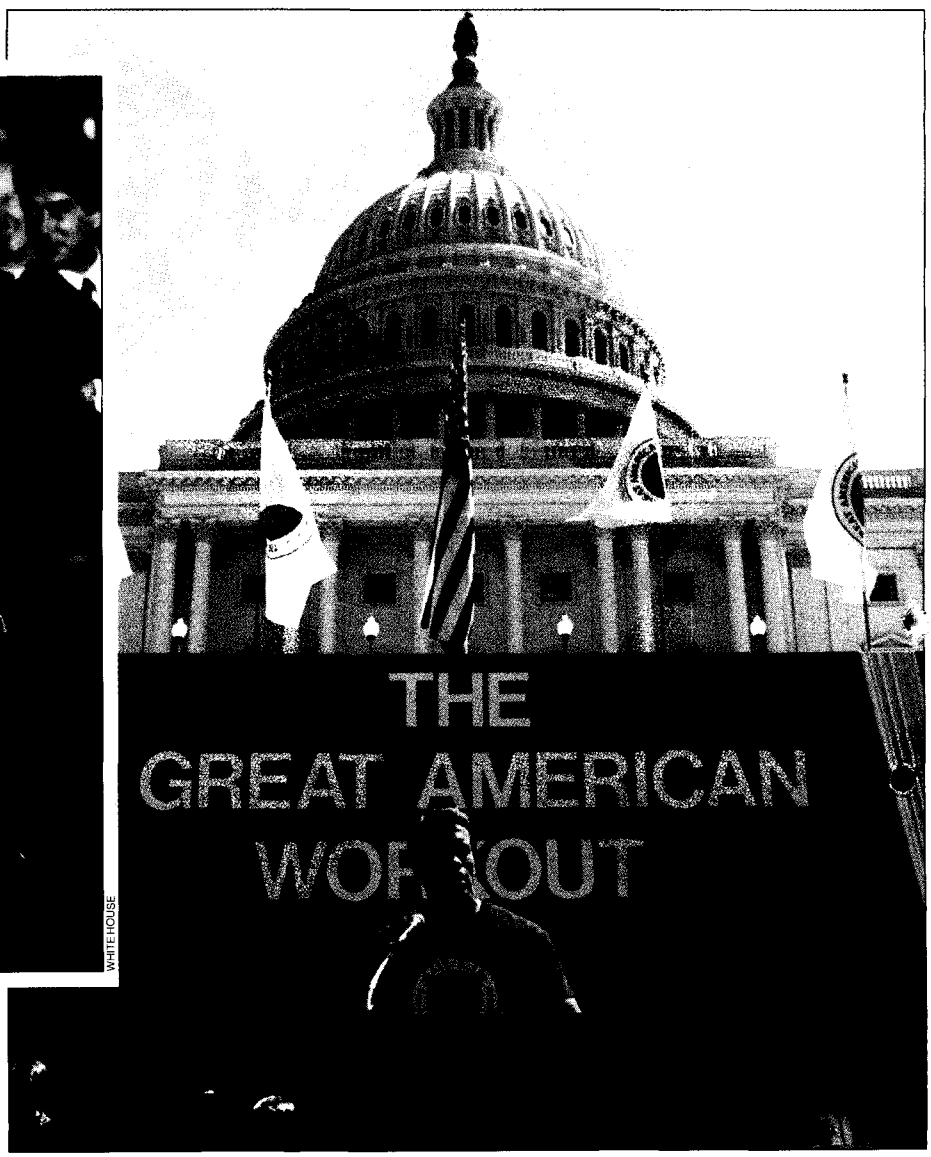
"After escorting Mrs. Reagan to her seat in the Royal Box, I decided to take a breather behind the stands. As I stood there watching the match through the slats behind the seats, I felt something hit the back of my knee. It was a car! When I looked around, the driver stepped out. It was Her Majesty, the Queen! She didn't realize she had hit me (and I wasn't hurt). Our eyes met, she nodded, I forced a smile. After all, what does one do when struck by the Queen of England? And this kerchiefed woman and her husband, both looking like ordinary people, took their places in the Royal Box."

Gubitosi also remembers Lady Diana on this particular occasion. To avoid the media, she had placed herself at the back of the Royal Box, which overlooked the area where Gubitosi had been tagged by the royal car. Here he and Lady Di had had a lengthy conversation. He recalls how "pleasant and nice" she was.

It was Gubitosi who traveled with Nancy Reagan on her "Just Say No" speaking tours around the world. He remembers her audience with the Pope, when she suggested using a small parcel of Castle Gandolfo, the "Camp David" of the Vatican, for a drug rehabilitation center. Since its dedication seven years ago, the center

continued on page 76

WHITE HOUSE



Undaunted by rain, Gubitosi assures his former boss, "We're prepared to move all operations indoors." (Right) The Great American Workout, one of Gubitosi's most spectacular affairs.

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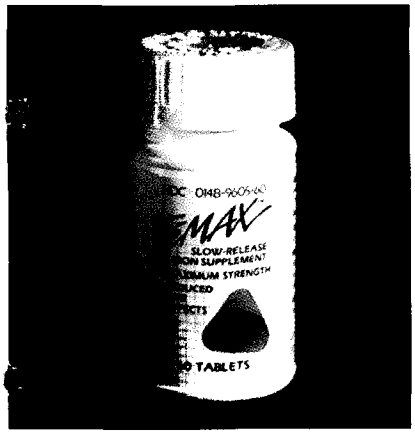

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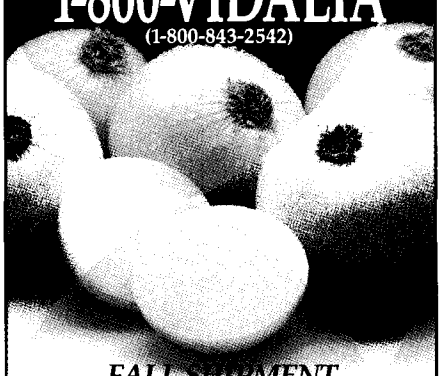

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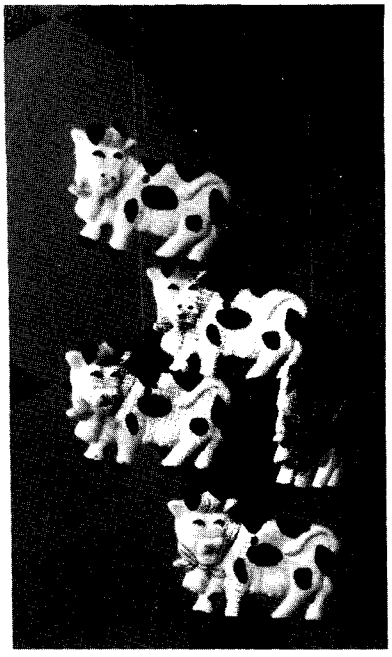

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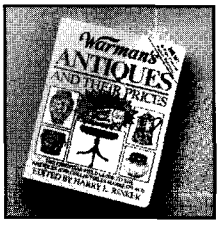

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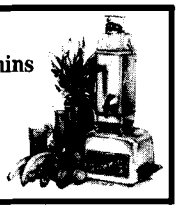

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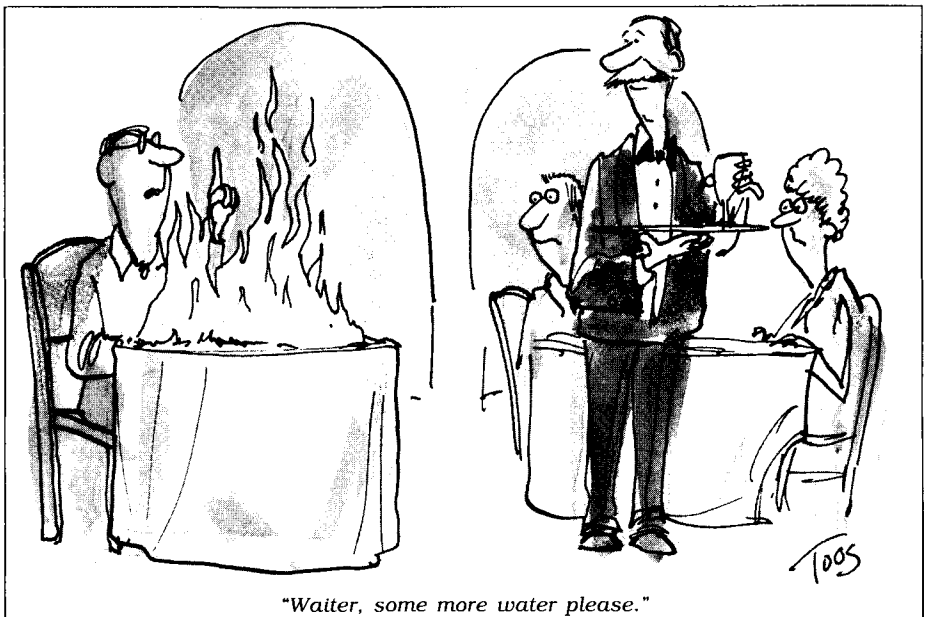

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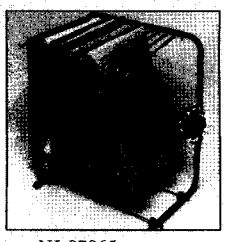

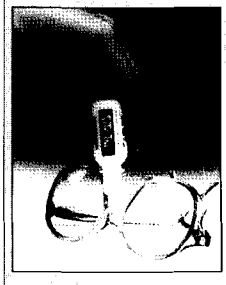

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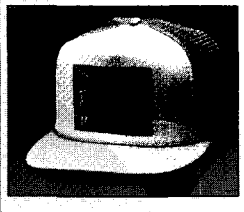

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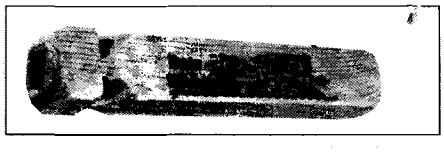

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Sampler

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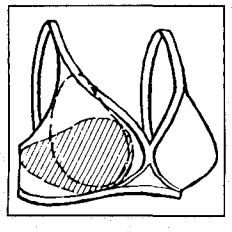

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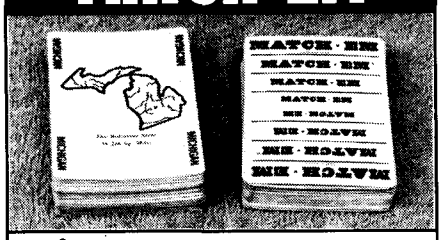

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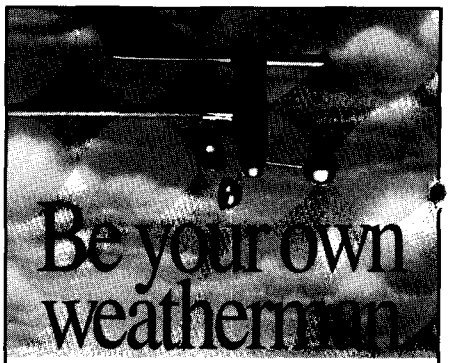

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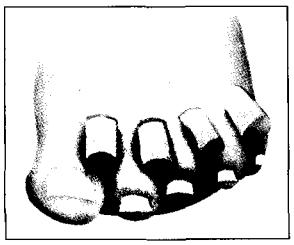

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A Man Behind the Scenes

continued from page 70

has helped nearly 4,000 families to deal with the complex problems of drug abuse.

In one of her letters to Gubitosi, the first lady wrote, "You were always thoughtful in leading the way . . . ."

This compliment definitely applied to the daily routine on the Reagans' trip to China. One of Gubitosi's major tasks was working out logistics for Nancy Reagan's school-visitation tour in Shanghai. Every detail of her five school visits had been calculated to the minute.

On the day the President was shot Gubitosi had just returned to his White House office after escorting Mrs. Reagan to a luncheon when his secretary burst in exclaiming, "Mr. Gubitosi, the President's been shot!"

After the first sting, Gubitosi's first thoughts were of Mrs. Reagan. In a waiting staff car, he followed Mrs. Reagan's car, and managed to arrive at the hospital with her.

"We walked into the emergency area of the George Washington University Hospital," he recalls, "and the drama has been etched in my memory forever. I saw Jim Brady. When I saw his head I said to myself, 'He'll never make it!' Mrs. Reagan had been escorted to a holding area while the President was in surgery. I remember her saying, as she saw them taking Jim to surgery, 'Sarah Brady . . . get Sarah Brady; and when she gets here, please bring her to me. I would like her to be with us in the chapel.' The rest is history."

Helping to elect George Bush in 1988 was Robert Gubitosi's last political campaign before he and his wife Connie decided to put the sum of their experience into "Events Only," their Miami Beach-based corporation specializing in special event coordination and management. His business card—"From White House Events to Your Events,"—doesn't, by any means, say it all. His Florida office is a long way from eating pizza behind his limousines in Boston with Tony Orlando, lending money to Mrs. Reagan for Shanghai shopping, or sharing the largest lemon danish ever made with Mrs. Reagan at a Lincoln Center function in New York.

Two months after Arnold Schwarzenegger was appointed chairman of the President's Council on Physical Fitness and Sports, he contacted Gubitosi to help produce a dynamic event that would reverberate throughout the United States: The Great American Workout.

"It would be the biggest sales pitch for fitness ever assembled in one arena (the White House lawn)," Gubitosi says. "As a result of Arnold's lead, we were able to pull together 104 sport celebrities and a fitness event that proved spectacular."

As the early morning mist lifted over the nation's capitol on that eventful day of May 1, 1990, President Bush addressed the nation as well as the professional athletes, Olympians, and celebrities: "I hope this doesn't get me in trouble with another vegetable," he joked, "but today we are declaring war on couch potatoes. All of us have a stake in making exercise a part of America's fitness, and fitness a part of America every day . . . This Great American Workout can enhance the quality and longevity of each American's life."

Today, Gubitosi is back doing what he does best—instilling pride in the hearts of his fellow Americans and masterminding great events. Large or small, for Gubitosi, every event is the *only event.*

Patient Who Couldn't Speak

continued from page 64

and Morse code fills my ears, I have the feeling that I'm using a more primitive part of my brain. The message seems to come to me in a whisper or even to represent something I'm remembering rather than hearing. I no longer formulate what I want to say and then translate it into code for my fingers to send. The thoughts just come out. The syntax of my message changes and doesn't resemble transcribed speech. I'm not sure where the speech comes from when I enter this relaxed state of communication. It doesn't feel like it's coming from the conventional speech centers in the left temporal lobe of the brain.

I'd like to be able to give a telegraph key to the captain in Jack London's novel *Seawolf.* In the final pages, the captain is shipwrecked and marooned on a distant shore. He also suffers progressive neurologic collapse. As the captain's sensory functions shut down one by one, I'd like to see if he could still communicate in Morse code.

Talking via shortwave radio blinds both parties to the cues that go with face-to-face communications. The radio makes the other person invisible, the code takes away accents and conventional patterns of speech. The listener can't judge whether the other person is well-dressed or well-educated before the conversation starts, as we so often do in conventional communications. Radio also places the other party of the conversation at a distance. The psychological space that surrounds us isn't invaded by the person on the other end of the conversation. I read of a medical student who had much more meaningful conversations with her pathology professor via ham radio and Morse code at night

continued on page 84

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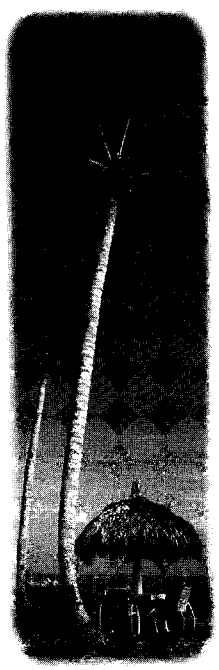

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THE OUTER BANKS OF NORTH CAROLINA

Launching point of the Wright brothers and resting place of Blackbeard, these banks stretch the outer limits of adventure.

by Marda Burton

From a seagull's perspective, the Outer Banks of North Carolina stretch ruler-straight over the horizon, a giant map of sand, greenery, and rooftops bordered by electric blue as far as the eye can see. It's eerily quiet up here, harnessed beneath a big triangular kite. As little gusts of wind lift and shift the hang glider, I hold onto a metal bar with one hand and tightly grip my partner's harness with the other. I'm alternately awed, thrilled, and terrified. One of us circling around up here is an expert, and it's not I.

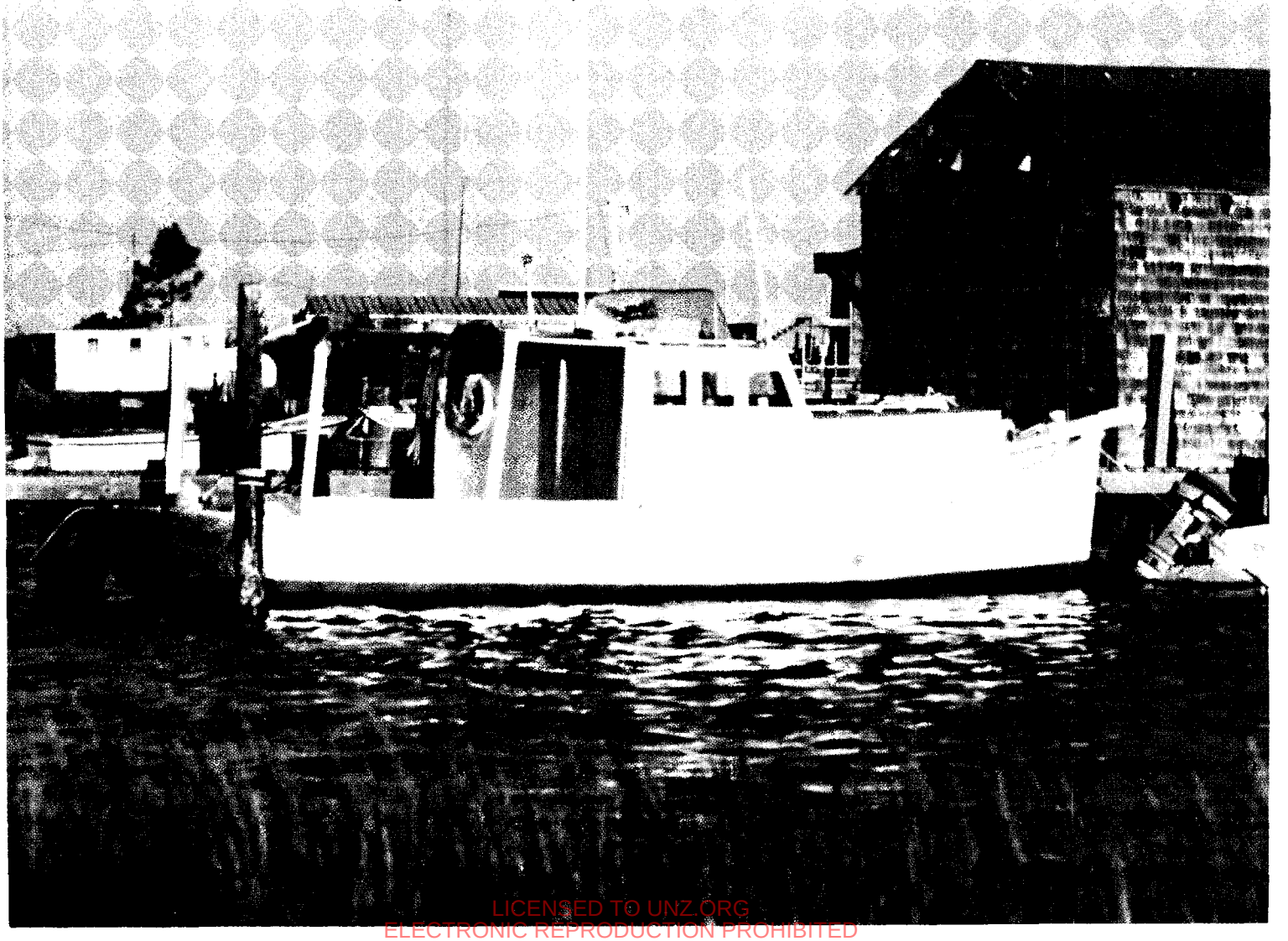
All too soon we've landed back on the sand, upright and safe. Somehow the essence of this place has been tapped; its ghosts gratified—even joined.

Airborne adventure seems particularly appropriate for the Outer Banks. Even the name stirs the imagination. Like outer space, it conjures up images of mysterious, unexplored expanses, of isolation, solitude, and risk-taking. Abundant history, top-heavy with shipwrecked mariners, pirates, explorers, inventors, and adventurers, fuels the fantasy.

The thin, sandy skeins of the Outer Banks, fragile and ceaselessly shifting with the wind, aim like a taut bowstring from the North Carolina coast into the swirling currents of the Atlantic Ocean. Ruled by the quixotic tempers of the sea, yet claimed by terra firma, the 200-mile stretch of barrier islands was once a remote and barren place, suitable only for millions of migratory birds and great schools of fish running offshore.

More recently, man made unique imprints here—adventurers not to be erased by waves and wind. Some four centuries ago, America's first English colonists vanished on Roanoke Island—a mystery that has never been solved. In 1718, near his lair on Ocracoke Island, Blackbeard the Pirate met his end at the hands of the British Royal Navy. In 1903, the high, empty sand dunes of what is now Kill Devil Hills served as testing grounds for Wilbur and Orville Wright's first flying machine.

Even today, while modern man is bestowing upon these islands his inevitable stamp of approval in the form of rampant development, nature still dominates. Last fall Atlantic



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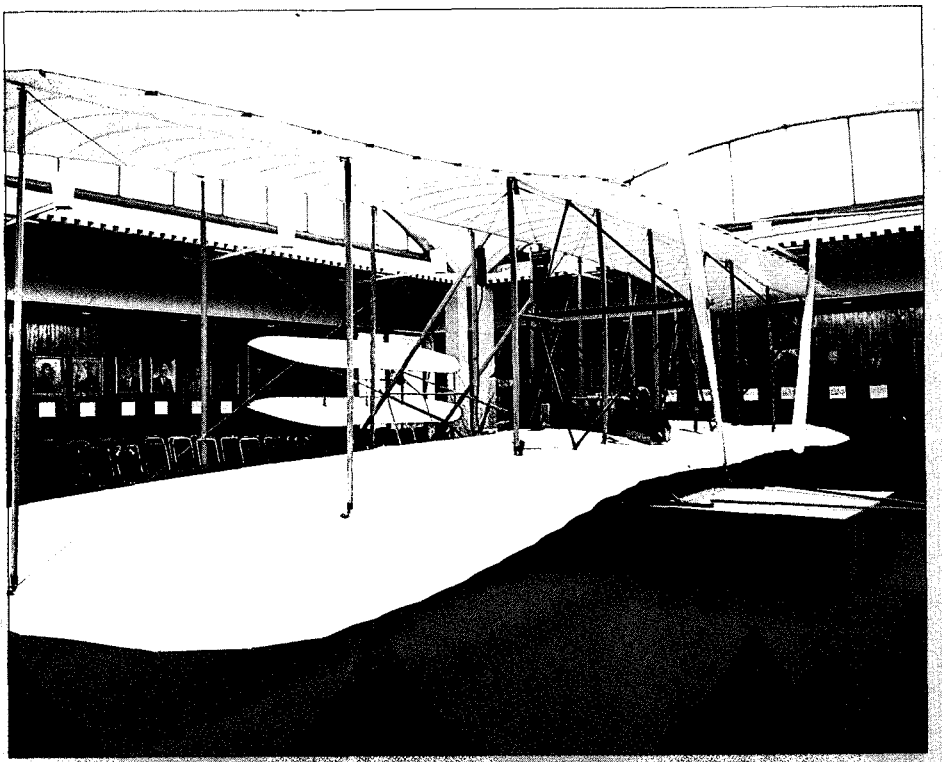
storms battered the area and Hurricane Bob gave warning of what is predicted to be a decades-long period of intense storms to menace the entire East Coast and the vulnerable Outer Banks in particular.

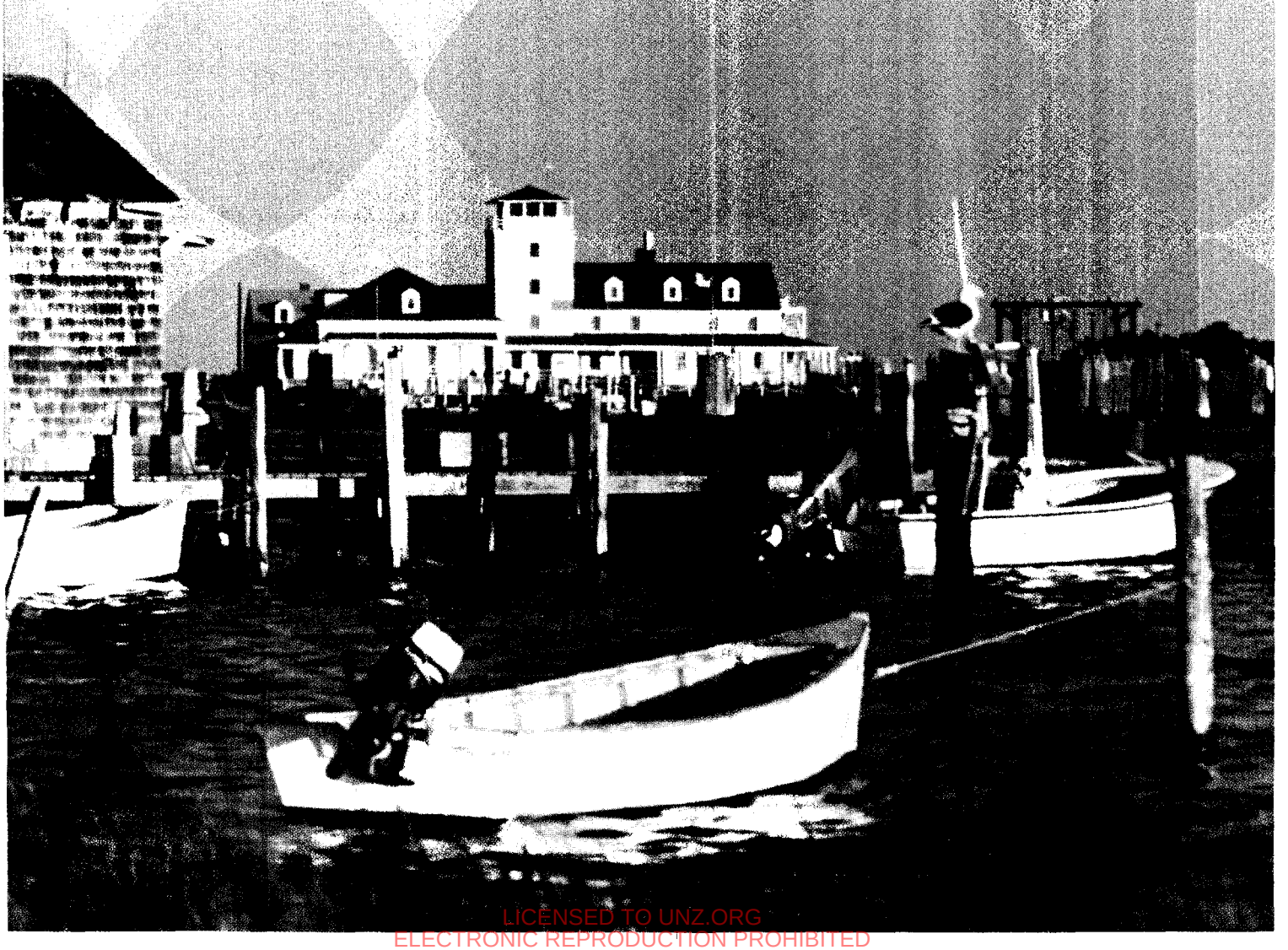
Once called the Graveyard of the Atlantic, the Outer Banks' treacherous currents, unpredictable winds, and shifting offshore sandbars have claimed hundreds of ships. One of them, the "Monitor," a Civil War ironclad, is being excavated 16 miles off Cape Hatteras, its artifacts to ... pose in a museum there.

Today high winds and waves attract hoards of surfers and windsurfers. Fishermen out for "big blues" can charter from the largest fishing fleet on the East Coast. A resident population of 23,000 annually swells with an influx of 125,000 visitors.

Because the constantly blowing sands are moving inexorably inland in a southerly direction, in the late 1930s the National Park Service began an extensive seashore reclamation project. Thanks to their efforts, mass tourism has not encroached



Famous and infamous explorers have been lured by the barren shores and gusty currents of the Outer Banks. A model of the 1903 Wright "Flyer" commemorates the 12-second flight that changed history. Silver Lake on Ocracoke Island (below) once provided cover for a band of pirates.



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upon 130 miles of beach and sand dunes designated as Cape Hatteras and Cape Lookout National Seashores. They begin south of Nags Head and bypass "Banker" villages, most of which were sparsely populated by second-generation Virginia English, fugitives, and shipwrecked mariners long before the government stepped in.

Now in vigorous competition for tourist dollars, hamlets have succumbed to various stages and styles of development. A few have strict building codes, zoned for traditional, low-profile architecture reminiscent of the New England seacoast.

The wood-shingled style that predominates in the area derives from lifesaving stations built from 1870 to 1915 at seven-mile intervals to rescue passengers and crew from wrecked ships. During that period, the U.S. Lifesaving Service, now the Coast Guard, is said to have saved more than 175,000 lives.

The stations were decommissioned in 1954, after shipping technology made their operation obsolete. They are now used for various purposes, including homes, restaurants, and museums. For example, at the restored Chicamacomico Life Saving Station in Rodanthe rangers reenact the oldtime lifesaving drill on the beach each summer Thursday at 2 p.m.

In addition to nostalgic weathered cedar houses, often built high on pilings to protect them from angry seas, the islands' architectural legacy includes five scenic lighthouses. Among them, the famous Cape Hatteras light, the nation's tallest brick lighthouse, which threatens to be undermined by receding sands. The beach totally abandoned Bodie Island lighthouse (pronounced "body"), which now stands inland. Cape Lookout Light is so isolated and hard to reach it's seldom visited.

Carolla Lighthouse, a red-brick beauty, stands tall north of Duck, a beach hamlet so named because its marshes were once thick with thousands of ducks, geese, and swans. In the years between 1869 and 1922 the Northern Banks were famed for luxurious hunting clubs, yet villages had only a few hundred residents and one or two grocery stores. Now the beaches hold exclusive planned communities, a few of which are accessible only by four-wheel-drive vehicles.

Where Duck's one-room schoolhouse once stood, now there's an art gallery—just one of a fetching clutch of shops with cutesy names like Lucky Duck, Duck Duck, Bizarre Duck, Christmas Duck, Literary Duck, Decoy, and Duck Blind. Nearby, an 1899 lifesaving station has been restored and turned into the Sanderling Inn, part of a 300-acre development.

A sea of touristic clutter found further south in Kill Devil Hills, Kitty Hawk, and Nags Head is more than enough to eclipse the "unpainted aristocracy," 30 or so circa-1850-1890 weathered, shingled "cottages" that were lifted and transported to Nags Head via logs and horses by rich planters. These days it's difficult to distinguish the old vacation homes from new ones built to look old. Another unchanging tradition is casting a line from Nags Head's wind-whipped 750-ft.-long fishing pier.

The most visible landmarks in Nags Head are two huge, breezy sand dunes known as Jockey's Ridge. Hang glider afficionados by the hundreds come to the highest sand dunes in the eastern USA to follow the air currents that lured the Wright brothers to a nearby hillock for their first experiments.

Commemorating their maiden flight —a mere 12 seconds and 120 feet that

Quiet stretches of sand and surf beckon visitors to Nags Head. Development abruptly stops at this point and the Park Service takes over for the 130 miles of unspoiled frontage known as Cape Hatteras and Cape Lookout National Seashores.

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If You Go

▶ **WHEN TO GO:** The high season is June 10 to October 15, with crowds dwindling after Labor Day. Windsurfers come in hurricane season when vacationers leave. Spring weather is unpredictable.

▶ **HOW TO GO:** Major airlines fly into Norfolk, about a two-hour drive from the Outer Banks. You'll need a rental car to get around, and the speed limit is strictly enforced. Always stay tuned for storm warnings. Also, exercise caution when traveling in the protected wild pony area.

▶ **WHERE TO STAY:** Rental cottages are the preferred Outer Banks accommodation. Also, there are about 100 motels in the area. In Duck, try luxurious Sanderling Inn (919-261-4111). In Manteo on Roanoke Island two luxury B&Bs, Tranquil House Inn (800-458-7069 or 919-473-1404) and Roanoke Island Inn (919-473-5511), welcome travelers with every comfort. Ocracoke Island has B&Bs and several charming inns, including Berkley Center (919-928-5911) and the 1901 Island Inn (919-928-4351). Numerous National Park Service and privately run campgrounds operate during the spring and summer season.

▶ **SIGHTSEEING:** For an overview of the thin, fragile Banks, try the 25-minute airplane tour offered by "Captain Kitty Hawk." ($15 per person for a group of at least three; Kitty Hawk Aero Tours, 441-4460).

▶ **GLIDING:** Across from Jockey's Ridge, Kitty Hawk Kites has the USA's largest hang-gliding school, offering a three-hour, five-flight beginner course for $59 (919-441-4124). If you're a novice afraid to fly alone, they will take you out past Duck and Corolla to the end of the road for an exciting high altitude tandem flight ($59 plus USHGA membership fee).

▶ **EATING OUT:** Try breakfast with the locals at Sam & Omie's; Owen's Restaurant for coconut shrimp and strawberry shortcake; the she-crab soup and sweet potato biscuits at Kelly's Outer Banks Restaurant & Tavern (all three in Nag's Head); clam chowder and steamed shrimp at the Barrier Island Inn in Duck; crab cakes at the Island Inn on Ocracoke; blueberry pancakes at the Tides in Hatteras Village; sandwiches at the Ship's Galley in Manteo; black bean soup at Queen Anne's Revenge in Wanchese; fried softshell crabs at R.V.'s Restaurant, Nags Head; or catch your own and have it cooked at the Nag's Head Fishing Pier.

▶ **MORE INFORMATION** from Dare County Tourist Bureau, P.O. Box 399, Manteo, NC 27954 (919-473-2138 or 800-446-6262) or Outer Banks C of C, P.O. Box 1757, Kill Devil Hills, NC 27948 (919-441-8144).

changed the world—Wright Brothers National Memorial offers a park and museum, a full-scale replica of the 1903 Wright "Flyer," narrated tours, and an impressive white monolith topping a green hill. That first extraordinary flight actually took place in what is now Kill Devil Hills, a community that became a separate township from Kitty Hawk only in 1953.

Long before the mystery of manned flight was solved, our country's earliest unsolved mystery began on Roanoke Island, a verdant, protected isle snugged between Banks and mainland. What became of Sir Walter Raleigh's first settlement sent from England in 1587 is still a riddle. When the next ship arrived three years later, more than 100 colonists had vanished. On summer evenings "The Lost Colony," the nation's first and longest-running outdoor drama, tells the puzzling story on the very site of that first settlement.

Solitude's most prominent symbol and the centerpiece of windy Hatteras Village is, of course, the candy-striped lighthouse now being shored up and renovated. Another impressive lighthouse graces Ocracoke Island, accessible only by water. A free ferry from Hatteras Village leaves frequently on the grand, windy, 30-minute ride.

Starkly white, the 1823 Ocracoke lighthouse rises above a postcard-perfect fishing village where many a tale is told about the infamous Edward Teach. For years people have been looking for treasure they suspect Blackbeard's pirate band buried hereabouts. But, no matter, these days the treasure comes from travelers seeking the hardy isolation that made these islands unique and still endows them with a special spirit that seems worthy of the dare.

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The fortified rock that once guarded Britain's access to the Mediterranean now welcomes tourists with tea and crumpets.

by Holly Miller

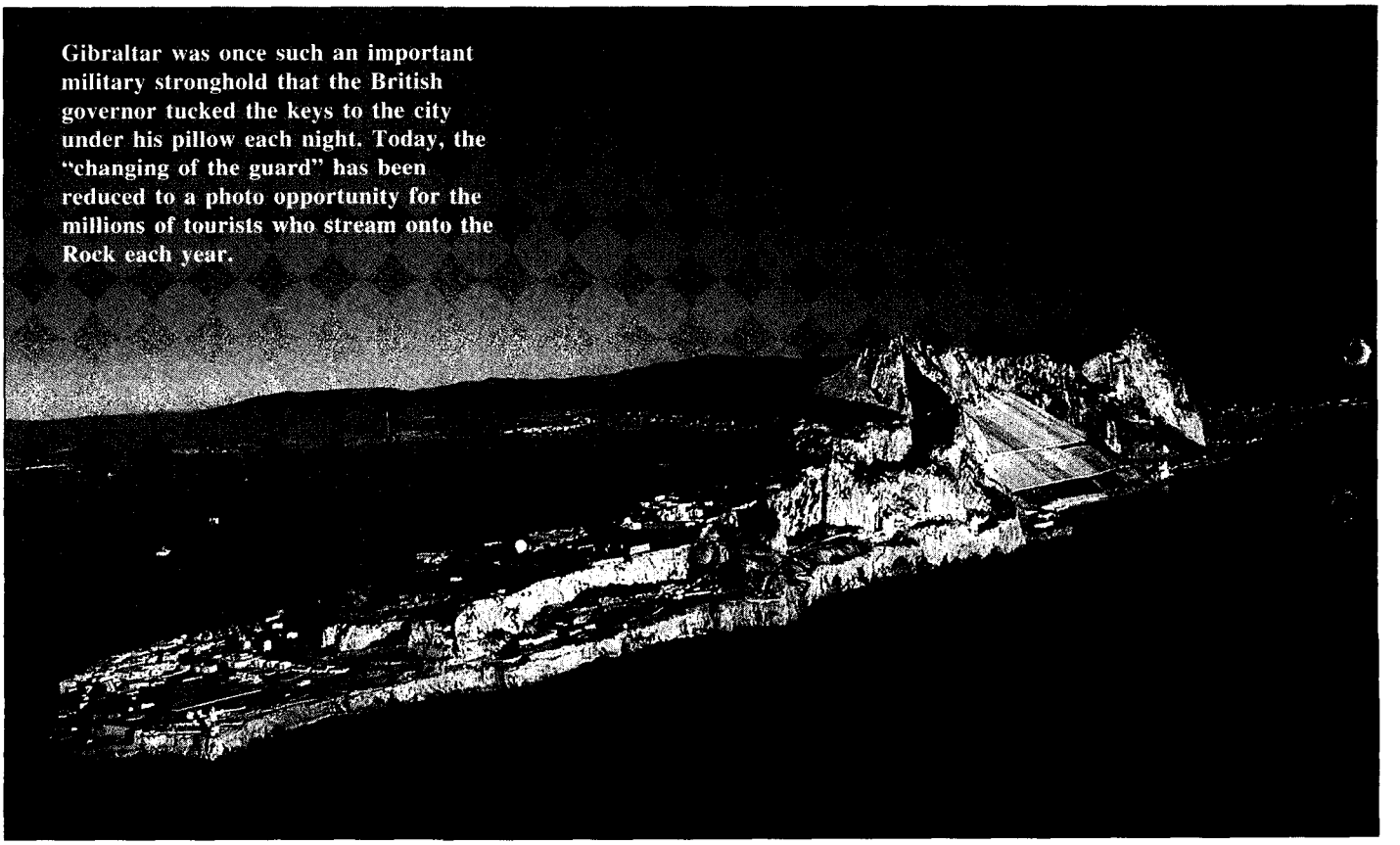
Olympic fever may have made Spain the hot destination this summer, but after fans lifted their victory toasts of *sangria*, many headed toward the Costa del Sol, crossed the dusty isthmus to Gibraltar, and enjoyed a spot of tea and a change of pace.

Gibraltar has welcomed guests from the Spanish mainland since England and Spain resolved a centuries-old spat seven years ago. The barrier tumbled down, the border opened up, and the tourists trooped in to see Britain's smallest and pluckiest royal outpost. It proved to be a jolly good show; so good that the Rock currently welcomes more than 4 million guests a year. That number will swell this year as travelers stream onto the Iberian Peninsula for Expo '92 in Seville (April 20-Oct. 12), and the 500th anniversary celebration of Christopher Columbus' discovery of America.

What visitors experience on a side trip to tiny "Gib" is veddy British indeed. Here, residents read London tabloids in pubs named Trafalgar Tavern and the Angry Friar, cheer the cricket scores on the BBC, and wash down their fish and chips with pints of stout. Old-timers trade memories of the Queen's last visit in 1954, get misty-eyed over the motherland they've never seen, and credit Winston Churchill with protecting their Rock during World War II—not with arms but with apes.

"A legend says that if the Barbary apes ever desert Gibraltar, the British will follow," explains a historian-in-residence at the Pig and Whistle Bar. "Churchill knew that Hitler wanted to invade Gib, so when Sir Winston heard that only seven apes were left on the Rock, he imported seven more from Morocco." Churchill also decreed that the number of monkeys should never fall below 24 and appointed an army officer to count noses. The rest is history: The apes returned, the British stayed, and the Germans never came.

Today's famous ape population has expanded to 87, and each animal has a proper English name. Led by "William," members of the pack are tame one minute, testy the next. They pose



Gibraltar was once such an important military stronghold that the British governor tucked the keys to the city under his pillow each night. Today, the "changing of the guard" has been reduced to a photo opportunity for the millions of tourists who stream onto the Rock each year.

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for photos, walk off with purses and bite the hands that feed them. They hitch rides on tour buses bound for the upper Rock and beg sugary treats en route. Diabetes is a serious concern, and Rock residents keep careful track of their furry friends. The economy as well as the legend are at stake; Gib's past may have been defined in military terms, but her future hinges on tourism.

Rock residents are a study in contrasts. Fiercely loyal to Britain, they have Latin temperaments and speak Spanish with an occasional "right-o" for emphasis. Most of them have never made the two-and-a-half-hour flight to London, but neither do they do business in Spain, just a mile away. Home is on the Rock—the famous symbol of immovable strength.

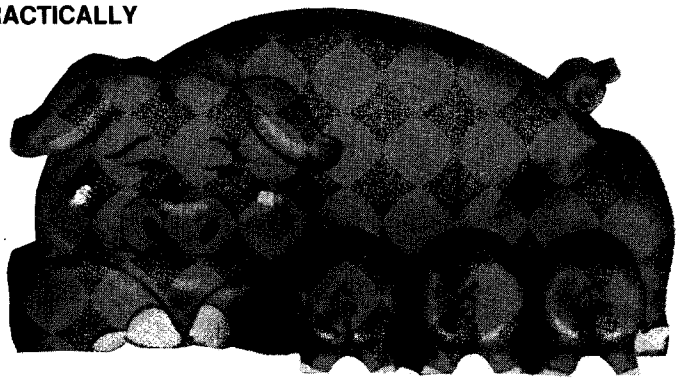
No place is the Spanish-British contrast more obvious than at the border where representatives from both countries conduct separate security checks of the bumper-to-bumper traffic. The Spanish guards, darkly handsome and obviously comfortable in the blistering heat, direct the glut of cars with leisurely waves of their hands. The British guards, all spit and polish in their bobby hats and dress blues, board each bus and study each passport before issuing curt permission to pass.

Visitors hoping to see the Rock in a few hours have two options: a gulp-inducing cable-car ride that swings 1,800 feet up Gib's spectacular old face or a 90-minute van tour resembling a roller-coaster from hell.

"It's not very often that we lose anyone," quips the van driver, a sit-down comic capable of launching a nonstop salvo of Rock jokes and lore. Statistics are his forte: The limestone mass is more than 200 million years old ("a real rock of ages, eh, mate?"), and her internal tunnel system could protect the Rock's 30,000 residents for six months during a war ("well, maybe not a *nuclear* war").

Bus and cable-car tours provide plenty of time for shopping since guides schedule snack-and-souvenir breaks near St. Michael's cave and at the apes' den. Visitors are wise to save their British pounds, Gibraltar notes and American dollars for bustling Main Street, where bargains include Wedgewood china and cashmere sweaters. Gib shopkeepers are accommodating; they know that foreigners are on their Rock for only a few hours, and thus they cheerfully accept

WHY ARE WE PRACTICALLY "GIVING AWAY"



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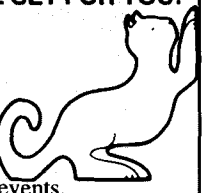

(By Frank K. Wood)

FC&A, a Peachtree City, Georgia, publisher, announced today that it is practically "giving away" an all-new set of *"347 Woodworking Patterns."*

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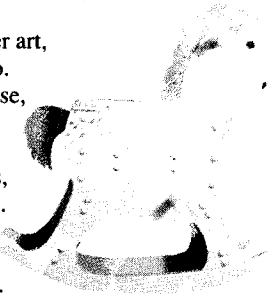

- Birthday surprises, decorations for major events.
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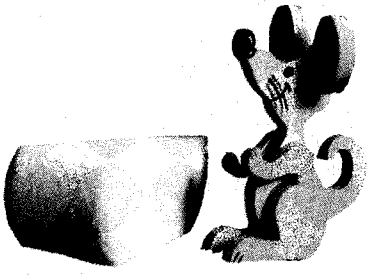
- Childhood favorites, Noah and the Ark.
- Tulips, bluebirds, springtime motifs.
- Comic cartoons, comfy coat rack.
- Summer garden helpers, lawn deco art.
- Tick-tock clock, chug-along train.
- Pretty jewelry ideas for girls of all ages.
- Picture-perfect frames, potted-plant holders.
- Bunnies for Easter, rabbits to hang on the wall.
- Front door welcome, back door friends.
- Graceful swan, gangly goose, waddling duck.
- Rocking horse, weather vane, mirrored sconce.



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a variety of currency.

For all of its two-country charm, Gib probably will never rival either Britain or Spain as a tourist destination. However, as a one-day respite, it's worth a peek. Looming majestically out of the tepid Mediterranean, it is a sturdy reminder of the days when the sun never set on the British Empire. The soldiers may be gone, but tradition is intact. Gib offers visitors a taste of something different—literally and figuratively. After all, where else can a bloke enjoy steak and kidney pie prepared by a chef named Pedro?

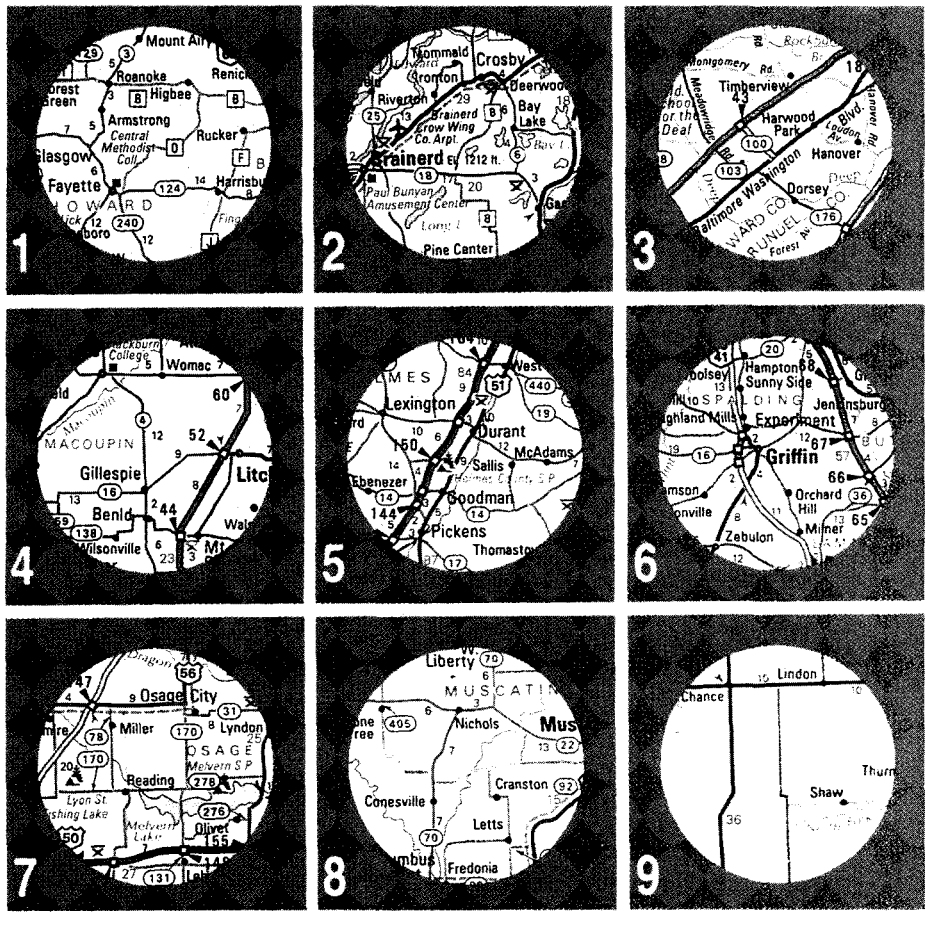
Patient Who Couldn't Speak

continued from page 76

than during regular daytime teaching sessions. This doesn't surprise me. Morse code is a social equalizer and a more intimate way of talking.

Radio conversations in Morse code differ from spoken communication in that you can't be interrupted, unless you're using full break-in, as do skillful traffic handlers. Normally, your part of the conversation doesn't end until you throw the switch. Only then can the other person speak, and he can't be interrupted until he passes the communication back to you. Morse communications are succinct. Written and spoken language is more formal and structured than the abbreviations used in Morse code.

Morse code may be declining as a means of communication. Exchanges of computer-generated code may soon replace manually sent dots and dashes pounded out by a well-rounded fist balanced atop the plastic knob of the telegraph key. My experience with Harry makes me think about how little we know about the nature of human communications.



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 99)

Lower Cholesterol

continued from page 16

until mixture leaves sides of bowl.

Roll out on lightly floured board and cut into 2-inch squares. There should be about 20 squares.

In large, heavy saucepan, heat juice, jam, and lemon juice to boiling. Add dumplings. Reduce heat to simmer and simmer 20-30 minutes. Serve hot.

Per Serving (1 portion):

Calories: 308	Sodium: 217 mg
Protein: 3.2 gm	Cholesterol: 0.4 mg
Fat: 3.3 gm	Carbohydrate: 66.4 gm

Diabetic exchanges: 2 bread + 2 fruit + ½ fat

♥ ♥ ♥

Tuscan Grape Bread

(Makes 1 loaf or 8 portions)

¾ cup unbleached flour
2 teaspoons sugar
1 package yeast
½ cup warm water
½ cup dark seedless raisins
¼ cup hot water
2 tablespoons olive oil
2 tablespoons fresh or 2 teaspoons dried rosemary leaves
1 teaspoon anise seeds, crushed
1½ cups Concord grapes
2 cups unbleached flour
4 tablespoons sugar
¼ cup egg substitute
½ teaspoon black pepper

Make sponge by stirring together first four ingredients. Cover and let stand in warm place 30-60 minutes until well developed.

While sponge is rising, combine raisins and hot water to plump raisins.

Heat oil in small skillet with rosemary and anise seeds about 5 minutes. Cool.

Toss grapes with ½ the oil mixture and set aside.

Combine 2 cups flour, 2 tablespoons sugar, and egg substitute in bowl. Add sponge and rest of oil mixture. Mix well with spoon until dough leaves side of bowl and is slightly sticky.

Transfer to lightly floured surface and knead for 2 minutes. Drain raisins, and, on the lightly floured surface, work raisins into dough.

Let dough rest about 10 minutes.

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List additional gifts on separate sheet and include with your order. LD04

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Roll out into rectangle 14 by 10 inches, and transfer dough to baking sheet which has been sprayed with noncaloric vegetable-based spray.

Spoon grapes onto dough, being careful to leave ½-inch border all around. Sprinkle with pepper and remaining sugar. Roll up jelly-roll fashion. Pinch ends. Cover loosely. Let rise until doubled, about 1 hour.

Preheat oven to 375° F. Bake 25-30 minutes or until loaf is golden brown.

Per Serving:
Calories: 255 Sodium: 16 mg
Protein: 5.8 gm Cholesterol: 0 mg
Fat: 4.1 gm Carbohydrate: 48.3 gm
Diabetic exchanges: 2 bread + 1 fruit + 1 fat

Can you name this picture?

. . . contest: *The Saturday Evening Post* will award $100 to the author of the winning caption for this picture. Your entry must be a limerick of no less than five lines.

Send your entry on a postcard. Entries will not be returned. Enter as many times as you wish.

Send entries to: Photo Contest, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

All eligible caption entries must be postmarked by October 20, 1992.

The winner of the Sept./Oct. 1992 contest will be announced in the Jan./Feb. 1993 issue.

Our congratulations and a check for $100 go to Eric Bartheld of LaCrosse, Wisconsin, for the winning entry in our May/June 1992 caption contest.

A Fisherman ever-exacting
Appears to be overreacting;
For a beauty at play
Is the catch of the day
And it's more than the fish she's distracting!

♥ ♥ ♥

Grape Juice "Rickey"

(Makes 2 portions about 4-5 ounces each)

2 tablespoons lime juice
4 ounces grape juice
2 tablespoons honey
2 ounces seltzer or carbonated water
¼ to ⅓ cup crushed ice

Mix together all ingredients and pour into shaker with crushed ice. Shake and pour into two juice or 6-ounce glasses.

Per Serving:
Calories: 110 Sodium: 4 mg
Protein: 0.1 gm Cholesterol: 0 mg
Fat: trace Carbohydrate: 27.8 gm
Diabetic exchanges: 2 fruit per portion

♥ ♥ ♥

Grape Buttermilk Shake

(Makes 2 portions, about one cup each)

1 cup low-fat buttermilk
½ cup fat-free vanilla ice cream or low-fat frozen vanilla yogurt
½ cup Concord grape juice
1 tablespoon orange-flavored drink mix

Combine all ingredients in blender. Blend on high until contents are smooth. Pour into two glasses.

Per Serving:
Calories: 184 Sodium: 157 mg
Protein: 5.6 gm Cholesterol: 4 mg
Fat: 1.6 gm Carbohydrate: 36.9 gm
Diabetic exchanges: 1 cup 1% milk + 1½ fruit

Catching Up with Katie Couric

continued from page 41

abruptly when then-CNN President Reese Schoenfeld called from Atlanta with the edict, "I don't want her on the air again." She wasn't quite ready for prime time.

He changed his mind a couple of years later after she moved to Atlanta and became producer of "Take Two," a CNN program co-anchored by the husband-and-wife team Don Farmer and Chris Curle, whom she calls her mentors.

"Katie was really a spark plug," Curle says. "She always wanted to do more. As soon as she mastered something, she'd see something else she wanted to do and say, 'I think I can do that. Let me try. I can do that.' " Curle and Farmer managed to sneak Couric on the air from time to time "as sort of an unofficial reporter," and when they got a chance to have an

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exclusive live broadcast from Cuba in 1982, she was the producer and also did an on-air piece about Ernest Hemingway from one of his old haunts. Couric can't help smiling with delight when she remembers that after the piece aired, Schoenfeld called to tell her it was "brilliant."

"I have a vivid picture of Katie, sprawled on the floor of a dilapidated hotel room in Havana with research books around us, trying to put on a three-hour show, talking in halting Spanish to these local technicians," Farmer recalls. "She had them melting in her hands. She was her cute self, yet very tough. And it was just great how she charmed these macho Cuban guys."

Subsequently, Couric became a political correspondent for CNN. But after the 1984 election, she was expected to go back to being a writer. "Our best advice was telling her to leave CNN," jokes Farmer, now an anchor for WSB in Atlanta, as is Curle.

Couric went to WTVJ in Miami, where she was a general assignment reporter and wrote and produced a prizewinning story on child pornography. Then she came back to Washington in 1987 as a general assignment reporter for WRC, the local NBC affiliate. By 1989 she had won a local Emmy and an Associated Press Award.

How she hopped from WRC to No. 2 at the Pentagon for NBC varies depending upon whom you talk to. Fred Francis, the network's chief Pentagon correspondent, likes to say he helped discover her. "I saw her doing some police crime stories in Miami several years ago," says Francis, who was raised in Miami and once covered the police beat there. "I asked some of my police sources about what kind of a reporter she was and they said, 'Very aggressive.' "

"A lot of people take credit for her," laughs NBC Washington bureau chief Russert, who interviewed about 40 people for the job before hiring Couric for the Pentagon slot. "She said, 'Let me think about it,' " Russert remembers. He felt that said a lot about her. "She wasn't craven with ambition."

Francis loves to talk about how Couric broke into "the all-male club" at the Pentagon after she came on board in July 1989. "Katie had the overwhelming personality that caused people to tell her things." The first week, he says, she got a scoop that nearly made CBS Pentagon correspondent David Martin want to "cut his wrists." Martin doesn't deny he recognized immediately the competition was going to be stiff. "Tell me you gave her that story and she didn't get it on her own," Martin begged Francis.

"She really was the darling of the building," says Francis. "Frequently, messages were taped on the door from colonels and generals. One day, someone gave her flowers."

During the Persian Gulf crisis, Francis says, "we got Katie pulled off as 'Today' correspondent and she was coming into the Pentagon about 5:30 to do the morning shift. One day she was supposed to leave at about 3 p.m. and she told me, 'The general told me not to go home tonight.' And that's

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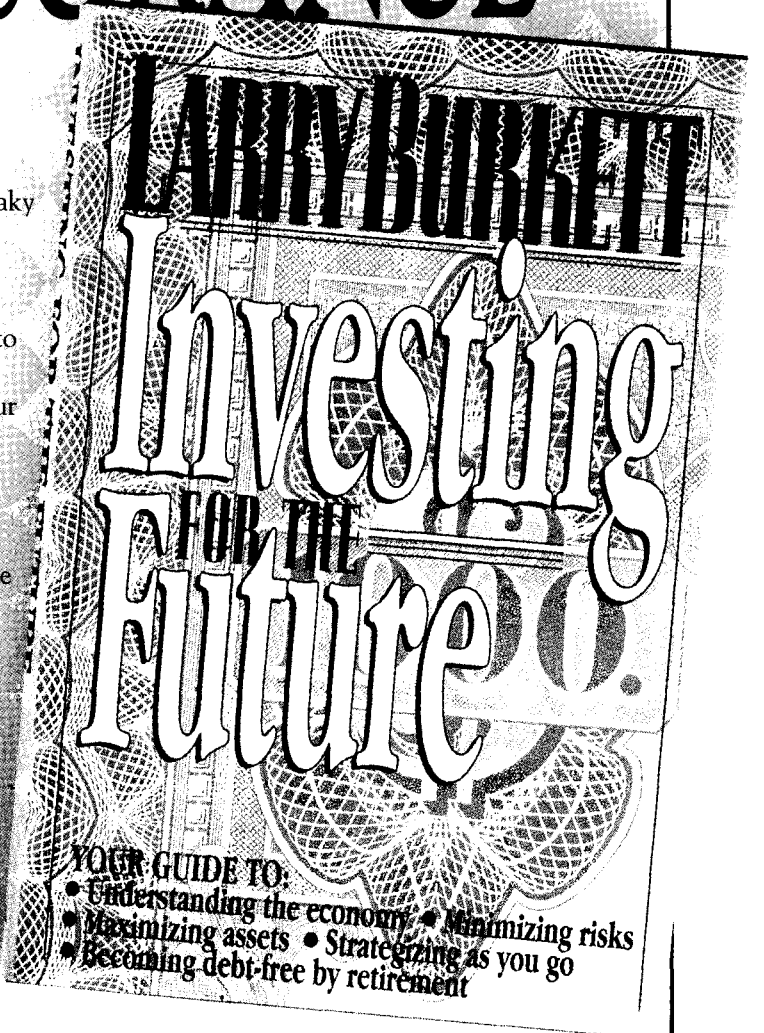
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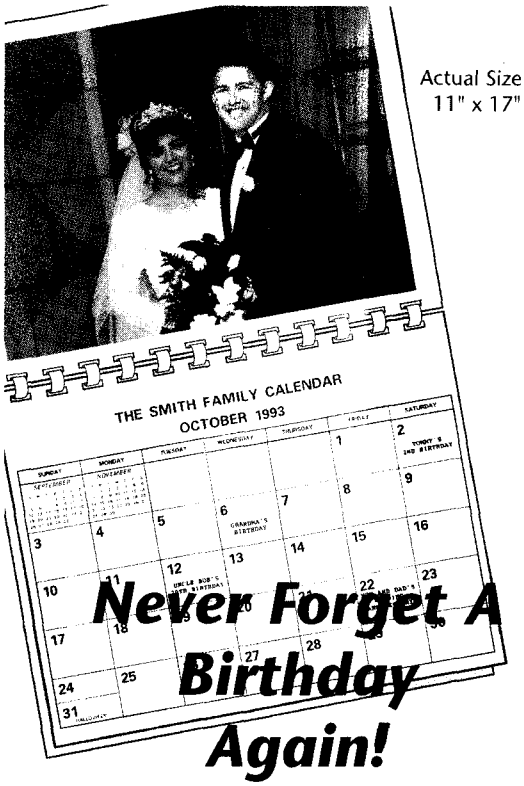

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how we knew the air war was going to begin that night."

In June 1990, after her Pentagon stint, Couric became national correspondent for "Today." Everyone was impressed. So when it became clear that Deborah Norville's days were numbered, Russert asked Couric how she'd feel if she were offered the job.

Again, Couric said she'd like to think about it. "She'd just gotten married and wanted to have a family. She was very reflective about the pros and cons. She said her role models were beat reporters rather than anchors," Russert recalls. But when their conversation ended, Couric "got up from her chair, spun around and said, 'Hey, Tim! By the way, I can do it!' "

Russert has not been disappointed. Couric's move to anchoring has gone so smoothly that the network has tapped her to substitute on occasion for Tom Brokaw on the nightly news show.

In her very visible position on "Today," Couric is acutely aware of being a role model. "A lot of little girls see me and say, 'I can do that,' " she says. "I want them to see that I'm assertive and I can defend myself. That I don't have to be a 'yes woman.' I am definitely a feminist. I try not to be strident; I set my own agenda. I have principles I adhere to that anyone who watches carefully can understand."

But will she acknowledge that she's "perky"—a word used frequently to describe her?

"I have matured and grown up. I think I have proven I am a credible, serious journalist," says Couric, who concedes that the word perky "does bug me."

So much so that her husband looked it up in the dictionary for its precise meaning. Couric goes over to her desk and pulls out the piece of paper on which he typed the definition. "Briskly self-assured, cocky, and jaunty," she reads. "If that is what perky is," she laughs, "I'll do perky."

A Story Worth Telling

continued from page 30

taken care of you most of your life. Now I must ask for your help. Don't let them abuse me. No surgery, no chemotherapy."

I assured him I would take care of everything. Before returning to New York, I thought I had made our wishes clear to his doctors: treat the clot, get a biopsy if possible, but, above all, make him comfortable. Almost immediately, a series of surgical and radiological procedures started.

When hysterical phone calls from my mother began, I quickly realized what was going on. Consulting surgeons get paid thousands of dollars an hour when they "decide" to operate. So that was what they were deciding to do. It's an old story of inflated fees charged by sub-specialists with procedure-based practices.

When I finally got my father's physicians on the phone, I insisted that he be cared for only by internists who had no incentive to do anything but make him comfortable. They assured me they understood my concerns and would keep in close contact. I never heard from them again.

My mother continued to describe procedures that were draining his energy. When my brother, a lawyer, arrived, he found our father in a hallway where he had been left after "a test." He pleaded: "They are treating me like an animal. Please get me out of here."

With difficulty, my brother contacted the physicians in charge and was assured things would improve. We said legal things about performing procedures without consent, and thought the problem was solved.

I can't describe the anger I felt when my mother called to say that they had continued the endless procedures as soon as we left. My father had been in the hospital for two weeks. He had spent most of that time receiving unnecessary "billable" high-tech therapy that could not possibly cure him or relieve his pain. Many things had been done to correct problems caused by earlier "therapies." When my mother put him on the phone, he was incoherent.

We arranged a conference call with the hospital administrator and chief of staff. The surgeons were "too busy" to come to the phone. "Despite our clear instructions, you have continued to perform invasive procedures on our father," my brother said. "He is now incompetent, so we are invoking our power of attorney and explicitly forbidding you to do anything that is not directed at relieving his suffering."

After my mother called the next morning to say he had again spent the night undergoing surgery, I called almost every other hospital in his state trying to arrange a transfer. Again and

continued on page 98

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Until recently, the only convenient way to guarantee great TV reception was to get cable installed. But who wants to pay those irritating monthly cable fees just to get clear reception? Now, thanks to years of microelectronic research, a new device has been developed that's so advanced it actually makes other antennas a thing of the past. It's called the SWEDA™ Power Antenna and is without a doubt "the single most important thing you should own if you have a TV!"

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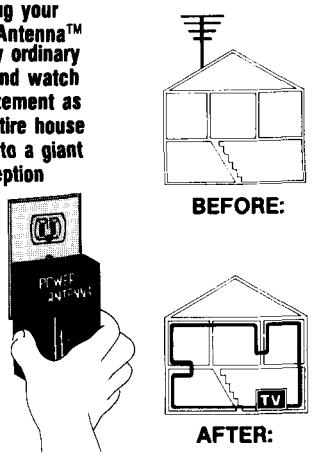

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Power Antenna is a highly sophisticated electronic product (like a transistor radio) with a simple function. It takes the electrical wiring in your house or apartment (hundreds or thousands of feet) and turns it into a giant TV reception station! It's almost like having an antenna the size of your entire house! Imagine how effective that would be. But there's more, because Power Antenna takes that signal and electronically boosts it before it gets to your TV set. The results are amazing! You can finally enjoy your favorite prime time shows or sports events the way they were meant to be watched.

WHAT ABOUT MY TV "DISH" ANTENNA?

Return it! Millions of these things have been sold in recent years because people were led to believe they would work like a satellite dish. The truth is that they're no more effective than rabbit-ears, a loop, or rod antenna — and people have been struggling with these things for years! The incredible SWEDA™ Power Antenna makes everything else seem obsolete. Just plug it in and watch it work. There's simply NOTHING ELSE better valued on the market today!

LIMITED TIME OFFER!

Electronic antennas like this one normally sell for $50 or more! But now, for a limited time (if you respond before November 20, 1992), you can have the amazing SWEDA™ Power Antenna for just $19.95. Experience the best reception you've ever had or simply return it within 30 days for a prompt and courteous refund. You absolutely must see it to believe it! ORDER TODAY.

RESPOND BEFORE NOVEMBER 20TH FOR THIS SPECIAL OFFER!

YES! Please rush me the following SWEDA™ Power Antenna(s)!

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MEDICAL MAILBOX

by Cory SerVaas M.D.

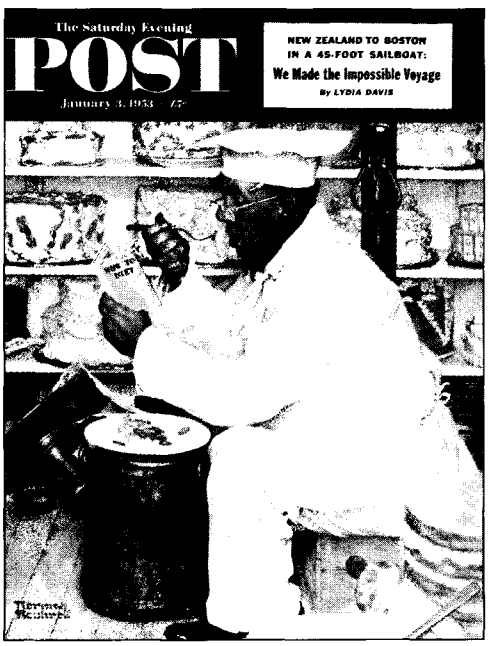
"Who is strong? He that can conquer his bad habits."—*Benjamin Franklin*

Treating Obesity

Obesity is one of the major health hazards in the United States, increasing the risk of high blood pressure, heart attacks, colon and breast cancers, even osteoarthritis. It is especially prevalent among the poor. Americans spend billions of dollars each year on over-the-counter diet aids and programs in search of help, but 90-95 percent of "yo-yo" dieters regain all or most of their weight within five years.

Unfortunately severe obesity sometimes results in the radical and often dangerous measure of intestinal bypass or stomach stapling.

Prescription drugs for weight control have remained controversial for decades, but researchers at the University of Rochester School of Medicine have concluded that two drugs in small doses can help obese people lose weight and keep it off.



At last, a research study has something good to say about treating obesity with a combination of nonaddictive prescription drugs.

Dr. Michael Weintraub of Rochester University and colleagues recently completed a four-year study of obesity using two appetite-suppressant weight loss prescription medications—fenfluramine and phentermine. Both drugs are nonaddictive with few side effects.

The study focused on a group of 121 participants between 18 and 60 years of age, weighing 130 percent to 180 percent over their ideal body weight. In the course of the four-year study, researchers alternated groups receiving a combination of phentermine and fenfluramine with groups receiving matching placebos.

All patients participated in a weight loss program including diet, exercise, counseling, and behavior modification strategies.

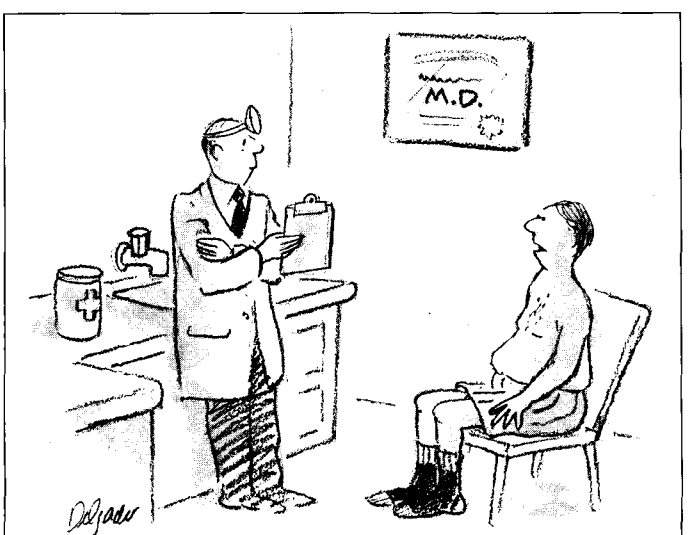
Patients on the drugs lost an average of more than 30 pounds and maintained the weight loss for as long as they remained on the medications. Patients who received dummy pills lost little if any weight, and what little was lost was quickly regained.

When all of the patients were weaned off the medications, they began to regain their weight even though dieticians continued to administer dietary counseling and exercise recommendations.

The researchers' conclusion?

"In the proper context, anorexiant (appetite suppressant) medications provide beneficial therapy for obesity," Dr. Weintraub concluded, "enhancing weight loss more than behavior modification, exercise, and caloric restriction alone."

The researchers admit that no combination of drugs is a miracle cure and do not recommend drugs for the moderately overweight, but conclude that these nonaddictive, prescription medications show promise in long-term weight control. The study was funded by the National Heart, Lung, and Blood Institute—a division of NIH.



"Well I didn't feel run down until you told me to take up jogging."

Thanks for the Toe Trainers

Dear Dr. SerVaas:

Some time ago I received the toe separators and your letter. I want you to know how much they help. I walk two miles each day with my dog. Previously I had toes pushing into each other, nails digging in, etc. Now I feel naked if I don't put your wonderful devices on each morning. What a great idea! I have washed them in the machine and they look new again.

I have one suggestion. How about a denser foam rubber (at least next to the large toe)? I find the big toe is the most willful, and the separators become compressed. I've also found that I can't wear them in a high heel with a low cut as they show through the stockings.

I wanted to let you know how glad I am that I believed your ad and sent for your product.

Marlyn Thomas
Nuremburg, Pennsylvania

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Ringing in the Ears

Dear Dr. SerVaas:

For several years I have had a constant ringing in the left ear. An ear specialist told me there is no known remedy.

So many people I've talked with have this problem; we just feel something could help. I sure would appreciate any advice or help you can offer. Thank you.

Dorothy Wright
Berwick, Pennsylvania

There are many things that can cause ringing in the ears or what is commonly known as tinnitus: ear wax, infection, diabetes, exposure to loud noise, stress, hypertension, allergic reactions, tumors, too much caffeine or aspirin, and age are all common causes. Each problem tends to produce a different noise with a slightly different pitch, and the doctor can match the sound to determine the problem. For example, a whooshing noise might indicate high blood pressure, a popping noise may result from an obstruction within the ear canal. Noises that originate from within include a static hiss that indicates damaged nerves or a buzzing that can be a tumor.

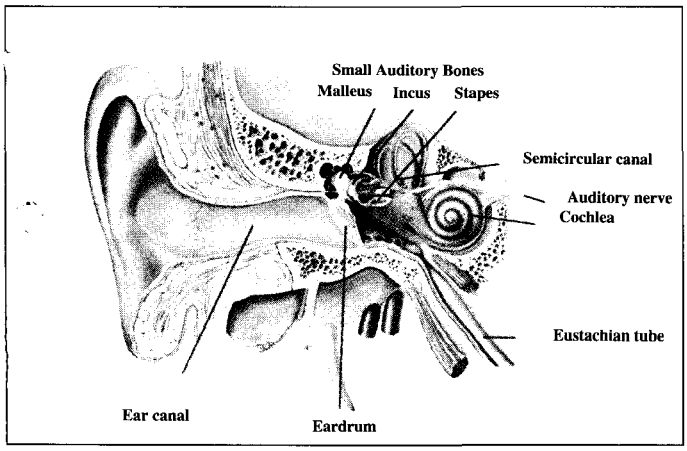
Once a cause is identified, a cure can be attempted. If the disorder cannot be cured or no treatment seems to work, then the patient will have to live with it. The noise can get better or worse with age. Even the severing of the audio nerve as a last resort does not always help.

Living with Tinnitus

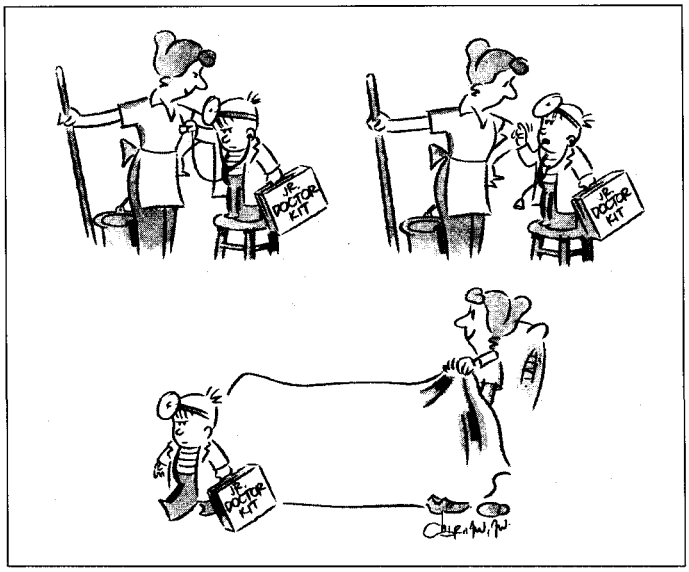
If the tinnitus cannot be cured, much can be done to help make life more tolerable for the sufferer. Tinnitus affects people in different ways. Counseling may help, as stress and worry about the noise can make it worse.

Some drugs, like caffeine or nicotine, can actually cause or worsen the tinnitus; abstaining or cutting down on them might help. Tinnitus can be progressive, so it is doubly important to protect hearing by reducing exposure to loud, harsh sounds.

The most annoying time for tinnitus sufferers is at night as they try to sleep. Light background music or some constant background noise such as a fan may help mask the sound.



Tinnitus has a variety of causes. Popping sounds may be due to stress causing muscles around the ear to pop; hissing can come from damaged audio follicles within the cochlea; whistling may be the symptom of a pierced eardrum.



Ear appliances called "maskers" are of some help. These devices look like a hearing aid and play an alternative, pleasant noise to help "mask" the tinnitus. They don't work for everyone.

Tinnitus affects an estimated 50 million people in the United States. The majority of those are older adults; however, the use of loud personal stereos and attendance at rock concerts has produced a significant increase in tinnitus in the younger generation.

The American Tinnitus Association offers a comprehensive service to sufferers providing information on the disorder, local support groups, and the latest research. Their address is P.O. Box 5, Portland, Oregon, 97207.

Battling the Body Odor

Dear Dr. SerVaas:

I am writing in regard to the letter from S.W., Anniston, Alabama (July/August 1992), who was "baffled by body odor."

I remember seeing an item several years ago which was headed—"Stink? Think Zinc!" The article went on to say that taking zinc tablets (I don't remember the dosage) would do away with body odor.

I can't say whether this works or not! Thought it might be worth a try.

Mrs. P.G. Goolsby
Hamilton, Georgia

Dear Dr. SerVaas:

I am writing in response to a letter from S.W. of Anniston, Alabama in your "Medical Mailbox" for July/August 1992.

I began to have a terrible problem with smell. When I told my doctor about it, he named a doctor at Georgetown University who had been studying the problem. He gave me a prescription for zinc, which the Georgetown doctor recommends. The zinc was effective almost immediately. Since that time, I take a small amount of zinc every day and have no problem.

Rhoda Ross
New Carrollton, Maryland

Optimal intake of zinc in the U.S. cannot be assumed. The

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average per capita intake of zinc is estimated to be 12.5 mg per day. The FDA recommends 15 mg per day for most people and more for pregnant and nursing women.

Typical symptoms of zinc deficiency are hair loss, skin lesions, diarrhea, malabsorption, lethargy, and irritability.

Not everyone can absorb zinc efficiently. It has been shown that malabsorption of dietary zinc is the underlying cause of zinc deficiency. In these cases adequate zinc supplementation is effective. Zinc is found in oysters, seafood, meat, and eggs. The milling process of grains removes much of the zinc.

Dear Dr. SerVaas:

In the July/August 1992 issue of *The Saturday Evening Post*, you published a letter from "S.W., Anniston, Alabama" about body odor.

In addition to the advice you gave her, I would like to have you communicate to her the fact that a friend of mine had a similar problem which was cured by the twice-daily intake of chlorophyll.

Further, a product called "Drysol," obtainable with a doctor's prescription, is invaluable as an underarm deodorant.

Mrs. S.V.H. Upjohn
Green Valley, Arizona

Drysol contains aluminum chloride in anhydrous ethyl alcohol. It is used in the management of excessive perspiration.

The Drysol is usually applied to the affected area once a day at bedtime.

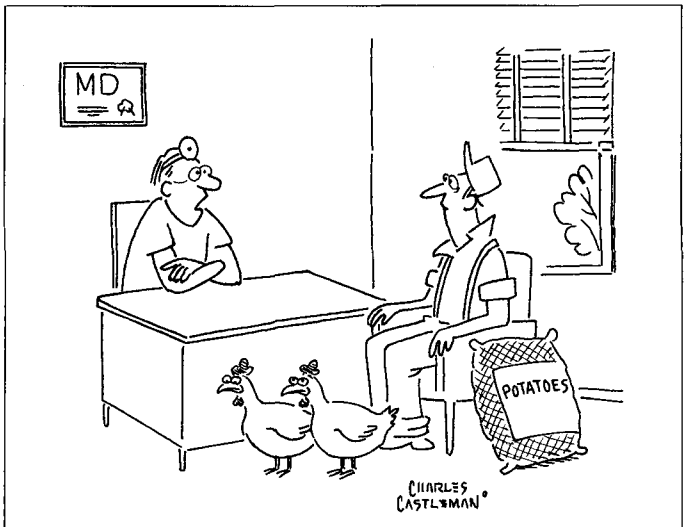
To help prevent irritation, the area should be completely dry before application. It should not be used on broken or recently irritated skin.

Sulfite Sufferer

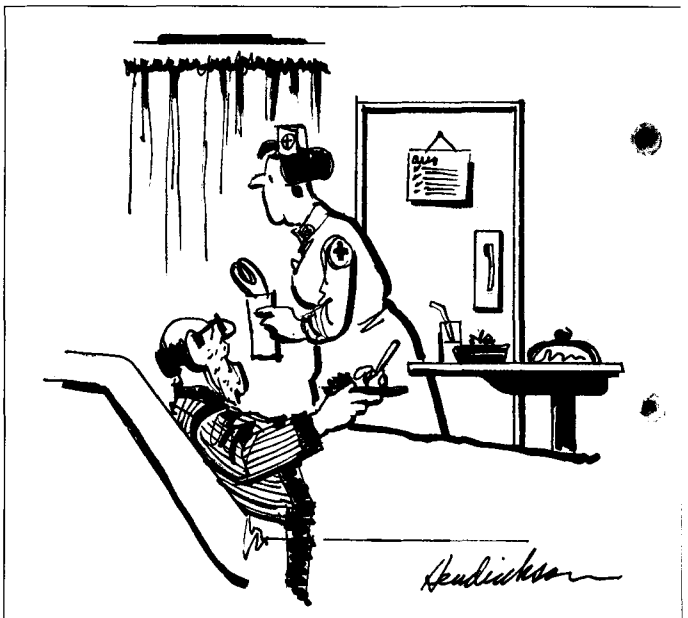
Dear Dr. SerVaas:

I'm very allergic to sulfites, and so glad they finally did take them out of salad bars so that I can enjoy them without itching and breaking out in a rash.

Now I want to know why they put sulfites in wine? I would like a glass of red wine occasionally, but they all have sulfites.



"Uh—how do you intend to pay for this, Mr. Green?"



"I've had worse food. Bataan—1945."

Years ago my uncle grew his own grapes organically, made wine, and made his living doing this. People would come down from all over to get his wine even from Ireland and the Bush's Brewery bought his wine. He did not put sulfite in it and the older the wine the more it cost. Sulfites are not needed in wine and sure spoil it for people like me with an allergy.

Evelyn Robinson
South Bend, Indiana

Itching Reply

Dear Dr. SerVaas:

In regard to the letter about itching from Mrs. H. Hickson, Carlsbad, New Mexico (May/June '92), I am wondering if she has had a blood count lately. I suffered from itching for years, infrequently at first but getting progressively worse. After a breast cancer operation, my blood count changed. The doctor immediately suspected polycythemia, too many red cells. He ordered kidney X-rays, a liver scan, and blood tests, at the hospital. I was diagnosed as having polycythemia vera. I have too many red cells so that when my red count gets high (40-50), I must have 3 phlebotomies, each a pint, a week apart. When my itching gets bad, mostly on arms and legs, I use ice packs or I walk a mile.

My doctor says it's usually caused by smoking. Most patients are men who smoke. I have never smoked in my life and my husband did not smoke.

It's a terribly annoying disease.

The three phlebotomies usually relieve the problem for four months.

Elisabeth Harris
Haven, Kansas

Murphy's Soap Works for Mrs. Ament

In the May/June '92 *Post* magazine there was a question on psoriasis. I am not a practicing medic, but I read a great deal and where I can share I do!

I read about a woman in Kentucky who had psoriasis very bad. She read of another women who used

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VOLUME XVI AUGUST 1992 NUMBER 2

TO ESCAPE THE HEAT, LET THE HEAT ESCAPE

The heat of summer is again upon us, bringing with it some dangers we don't often think of. The relationship of sunburn to skin cancer is a familiar theme, but the effect of heat on our body's normal functions seems to command less attention.

Just as your pet pup copes with those dog days of summer by panting, we need to be aware of the importance of maintaining normal body temperature by providing for heat escape. Heat generated in our bodies by normal metabolic processes is regulated by a control center in the brain that provides just the right temperature for normal cellular functions (about 98.6° F). Even at rest, more heat is generated than is required to maintain that temperature, so nature has provided us with several means of getting rid of the excess heat—increased blood flow to the skin, accelerated breathing, and sweating.

The body has to work harder to rid itself of excess heat when air temperature rises, or when physical activity increases—therefore, we sweat more. However, sweat has to evaporate to remove the heat. With higher humidity, we become drenched in sweat, heat accumulates in the body, and we may soon develop such symptoms as weakness, nausea, increased pulse rate, etc. The danger of excessive heat exposure is even greater in very dry areas. One may be completely unaware of profuse sweating because the sweat dries so quickly, and serious heat illness can develop very quickly.

Heat prostration is a relatively mild form of heat illness. The victim faints due to pooling of blood in the skin that reduces blood flow to the brain. Removing the person to a cool place usually restores consciousness promptly and without further ill effect.

Heat exhaustion is more serious. The victim feels feverish, weak, nauseated, and may ache all over. Vomiting or diarrhea may occur. Treatment consists of rest and drinking plenty of water, and most persons will recover in a few hours.

Heat stroke is very serious and can be fatal. The body's temperature-regulating mechanism fails completely, and temperatures 10 degrees or more above normal may occur, with devastating effect on every organ of the body. The patient is confused, agitated, and may go into convulsions or coma. Immediate hospitalization is essential.

First aid for victims of heat illness consists of reducing body temperature by any means available—getting them in the shade, fanning, sprinkling or sponging with water—and by getting them to drink water or other fluids.

Medical attention for the victim of any of these forms of heat illness is important, because one form is not easily distinguished from any of the others. They also don't necessarily occur suddenly, but may come on after several days of excessive heat exposure.

Heat illness is, of course, best prevented. Proper clothing is foremost—lightweight, light-colored, and loose-fitting. Avoid unnecessary exercise outdoors in very hot weather. Drink plenty of fluids—but

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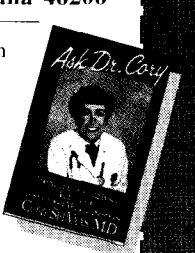

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Murphy's Soap, a household liquid soap. When she asked her doctor he told her he had looked all over the world and found nothing that helped. It would not hurt to try it, he said. She did, and was healed in no time.

I am 81 years of age, a widow alone on a farm, on my feet a lot as I have much yard work to do. When I get alligator skin I use Murphy's Soap. It sits beside my bathtub all the time to use when needed. I was amazed at how fast my skin responded. I won't be without it. I just spray it on and rub it all over, and wash in good warm water.

Mrs. Ament
Meriden, Iowa

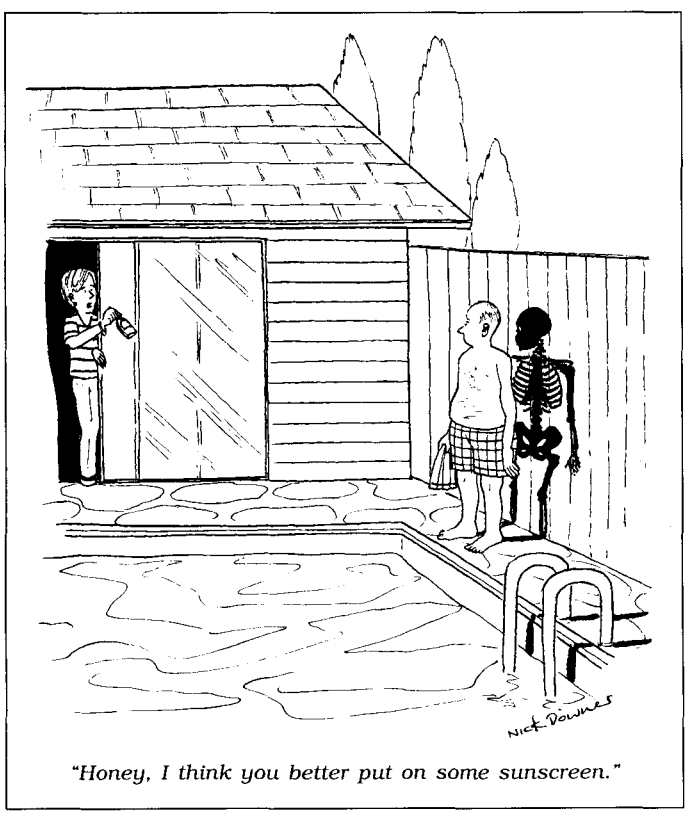
A Decision to Make

Dear Dr. SerVaas:

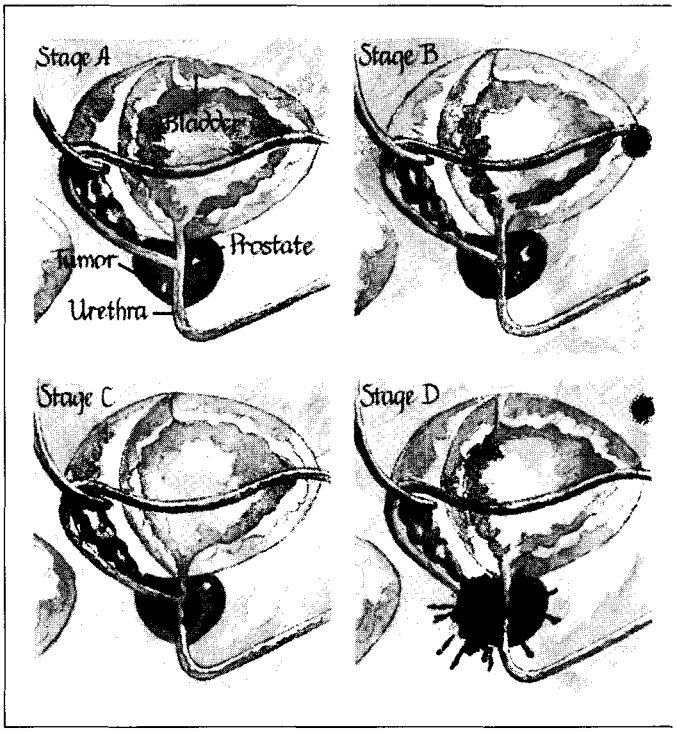
My husband had his prostate removed two years ago. Now his cancer doctor said he has a choice of having an orchiectomy (removal of his testicles) or having a shot of medication every month. He chose to have the shots. Are they as safe as surgery and do they do as much to prevent the spread of the cancer?

Madeline Johnson
Milwaukee, Wisconsin

Your husband made a good choice. The shots will decrease the output of testosterone just as the orchiectomy would do. This medication is a newer treatment option and when taken monthly it shuts down testosterone production from the testicles. It is also effective in relieving the pain, difficulty in urination, and other symptoms associated with prostate cancer. Usually this medication, called LH-RH, is administered as a once-a-month injection while in the physician's office. A daily, self-administered injection is also available. If the shots work, your husband will be spared the surgery. Testosterone causes more rapid growth of prostate cancer cells. The shots help suppress the growth



"Honey, I think you better put on some sunscreen."



Don't wait for symptoms to alert you to the onset of prostate cancer. "If it ain't broke, don't fix it" isn't a good excuse for avoiding a checkup yearly after 50. Ask for a DRE and a PSA test.

Another way to reduce the production of testosterone by the testicles is by taking the female hormone estrogen. Although effective, its side effects can include water retention, breast growth and tenderness, stomach upset, nausea and vomiting. Sometimes this therapy may cause serious circulatory system problems such as blood clots and stroke

Withhold the Scalpel

Episiotomy, a commonly performed surgical procedure to enlarge the birth canal during labor, now appears to be unnecessary in most cases. A survey conducted on 1,050 women revealed that episiotomies provided no benefit to the mother in terms of prevention of injury to the birthing canal tissues or recovery following birth. Researchers concluded that the procedure need only be employed in cases of fetal distress where intervention is required to facilitate birth or for conditions related to the mother.

Despite the American College of Obstetrics and Gynecology recommendations that episiotomies should not be considered "routine" procedures, they are performed in 70 to 80 percent of all North American births. Concerned that doctors were performing the procedure automatically rather than selectively, researchers at Montreal's Jewish General Hospital and McGill University examined the situation.

The study showed that women who delivered without incurring tears or surgical incisions recovered the quickest. Recovery times for women who experienced either episiotomy or spontaneous tears were comparable. Perhaps the only benefit an episiotomy provided was reduction of the second stage of labor by an average of nine minutes.

Because the trauma involved with episiotomy does not seem to significantly help the birthing process, we suggest discussing the available options with your doctor before the labor starts.

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September 20,1992

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John 17:21

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The Benefits of Biotin

Dear Dr. SerVaas:

I have read in your current issue of the *Post* letters from two individuals who have had trouble with their fingernails becoming brittle and splitting.

Beginning in my early 70s I developed this problem. Use of nail creams and ointments gave no relief whatsoever.

Several months ago a local doctor who appears on one of our TV channels recommended a daily dosage of 300 mg of biotin for this problem. He stated that it would take at least two months of daily doses to help.

I tried this and found that in approximately two months my nails ceased splitting and breaking.

The doctor who suggested this treatment stated that only some of the individuals who use biotin would be helped, but in my case it was most satisfactory.

Will Shaw
Venus, Texas

More Help for Nails

Dear Dr. SerVaas:

My July/Aug. issue of the *SEP* arrived and I love your "Medical Mailbox." I read two letters about fingernails and their problems. I, too, had the same problems. Well, I have the answer. I had soft brittle nails that split and separated by layers. I tried everything and nothing ever worked, not even gloves when doing the dishes. Finally my beautician recommended "NAIL-LURE." I had nothing to lose, not even nails so I tried it and in one week I could tell a difference. In a month my nails were strong, healthy, hard, and growing. I now have beautiful nails for the first time in my life. I am 66, and use polish and it stays on. I still use the product nightly over polish to ensure that my nails stay this way. I don't even have to use gloves for protection to do dishes anymore.

The product is made in Miami, Florida, and is sold through beauty shop suppliers and salesmen. It could be only in the south, I do not know.

The ladies who had problems may write to me for help if they can't find it.

Mabel Wilkinson
Glennville, Georgia

"A general practioner? He's a doctor who introduces you to specialists."

"I'm afraid it's too late. You should have come to me when you first noticed these symptoms."

Identifying Your Allergies

Dear Dr. SerVaas:

I suffer terribly from hay fever. During the summer I have constant itching of the eyes, and terrible attacks of sneezing most of the fall. I am also allergic to things around the house.

I don't like taking antihistamines as they make me too drowsy to work properly, and I find the desensitizing shots are not very effective. Is there anything on the market that could help?

Any advice would be greatly appreciated by all of your allergy-suffering readers.

Christina M. Wolf
Chicago, Illinois

A recent approach to treating pollen allergies is the use of an inhaler or eye drops that contain steroids or other drugs that make the cells of the mucous membranes (oral, eye, and nasal) more resistant to the offending pollen.

Many people have had relief from hay fever symptoms with inhaled medications such as Nasalide, Beconase, and AeroBid, all of which require a prescription.

Standard antihistamines, although effective, sometimes have a tendency to make the user feel drowsy. The desensitizing shots available work but they are time-consuming and expensive.

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Magnesium Supplementation

continued from page 67

magnesium chloride of dependable potency and bioavailability should be administered until such time as the serum magnesium level is normalized or the condition producing the hypomagnesemia is reversed. In patients with renal insufficiency and diminished glomerular filtration [kidney function], oral magnesium replacement therapy must be carefully monitored because of the risk of hypermagnesemia. The risk-benefit ratio of such therapy should be weighed before initiating treatment.

The panel recommends that patients with diabetes at increased risk of magnesium deficiency as described above, but in whom such deficiencies cannot be demonstrated by clinically available tests, *not* receive magnesium supplementation. Investigational efforts that use newer technologies (e.g. NMR spectroscopy, ion selective electrodes) for demonstrating magnesium deficiency, which are presently unavailable in routine clinical practice, have suggested a high prevalence of such deficiencies in non-insulin dependent diabetes. Whether the results of these studies can be extended to the entire population of non-insulin dependent diabetes patients or only to selected patients remains unknown and therefore the benefit of treatment is uncertain.

In conclusion, the weight of experimental data presented to the consensus panel suggests that magnesium deficiency may play a role in insulin resistance, carbohydrate intolerance, and hypertension. Serum magnesium levels, although readily available, are relatively insensitive assessments of magnesium deficiency. The implementation of newer ion selective electrodes or phosphate NMR assays for ionized or free intracellular magnesium may extend our understanding of magnesium deficiency. However, based on available data, only diabetic patients at high risk of hypomagnesemia should have total serum magnesium assessed, and such levels should be repleted only if hypomagnesemia can be demonstrated.

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Consensus panel for above article: Alan Garber, M.D., PhD.; Chair: William G. Blackard, M.D.; Mark Feinglos, M.D.; Steven Haffner, M.D.; Louis Lasagna, M.D.; Melinda Maryniuk, R.D.; Richard S. Rivlin, M.D.; and Karl E. Sussman, M.D. Planning Committee: Stephen DeFelice, M.D.; Alan Garber, M.D., PhD; Thomas D. Giles, M.D.; Richard Kahn, PhD.; and Lawarence M. Resnick, M.D.

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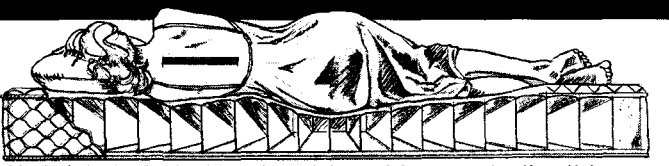

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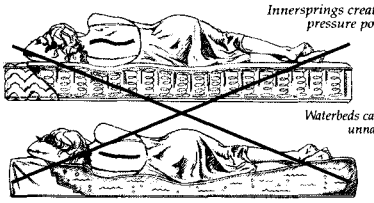

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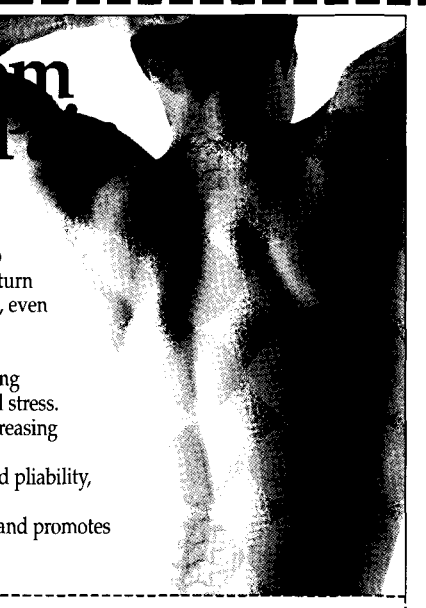

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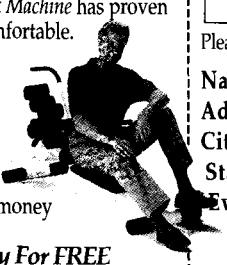

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A Story Worth Telling

continued from page 88

again, I was assured that he was "in the best of hands" and that I must be mistaken in describing his therapy as unacceptable. Each time we arranged to move him home or to a hospice, a procedure would be performed, making him too unstable to be transported.

When I again flew down, I found my father alone in a hallway after an ultra-sound exam. He was skeletal and barely arousable. I moved him back to his room. Within hours, my sister and I had him moved to a nearby hospice. He died the next morning.

For months, I lay awake trying to understand what had gone wrong. If a doctor and a lawyer could not get decent care for a doctor, what chance does the public have?

When I asked my mother if the hospital bills were a hardship, she said Medicare had paid for the whole thing—more than $150,000 on a patient who needed only a bed and some morphine. I called the Medicare inspector general's office. It agreed that if the hospital had billed for unauthorized procedures it was possibly a violation. "In that state, we have so many fraud cases over a million dollars that we wouldn't even investigate one involving only $150,000," I was told.

Our health care system is structured to meet reimbursement rather than patients' needs. Tremendous amounts of money are spent prolonging death, not life. If the story of my father's suffering can help improve our medical system, it will have been worth telling. Though I was unable to get him the care he deserved, I believe he would forgive me.

Norman A. Paradis is director of emergency medicine research at New York University-Bellevue Hospital.

Two Angels on Duty

continued from page 45

and with Johnny still in his arms, said, "Phew. That was a near one."

Johnny's father came out of the bedroom and looked at him.

"The boy's mother," said the policeman. "I've got to see her."

"You can't," said Johnny's father. All the sorrow in the world was on his face.

"I've got to," said the policeman "It isn't too late yet." He moved pas Johnny's father without another wor and went into the bedroom. Johnny followed. His mother was lying propped up on pillows, but her fac was like wax and her eyes were shut.

"I've come," said the policeman softly, standing by the bed. "I wa sent from headquarters. Because o the boy." Johnny's mothe opened her eyes an looked up at the policeman who towered above her.

"You?" she said in sur prise. "I was expecting someone else."

"Me," said the police man. "I got here first."

"What is your name?" asked Johnny's mother.

"Gabriel," said the police man gently. "I am the on who brings good news."

"And—the one I wa expecting?"

"He has no name," replied Gabriel. "He is always on time and neve hurries. I passed him on the stairs and got here first."

"He is the one who brings . . . ?"

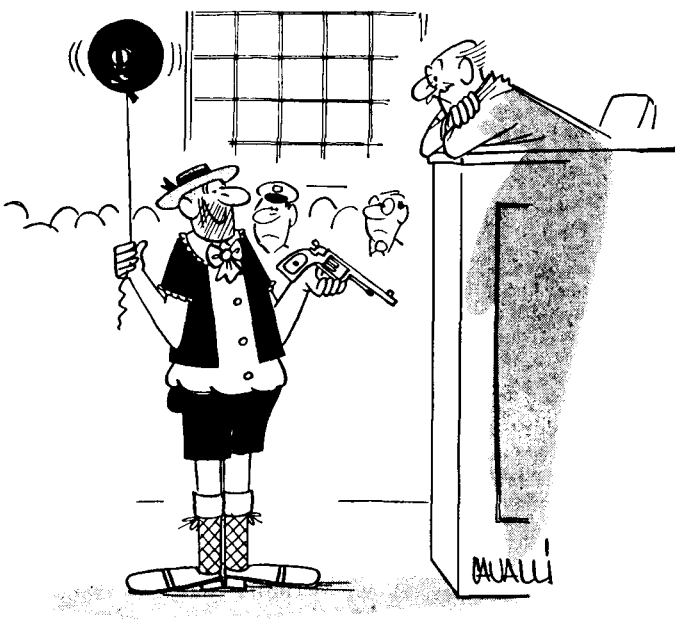
"He is the one with the dark face who brings—Death. You will not see him for a long time though you must see him eventually."

"Thank God," said Johnny's mother, and she closed her eyes. "I was ready except for my son," she said.

"It was he who came looking for an angel, with no doubt in his heart," said Gabriel. "He found the dark one first, but, still believing, he came on alone looking for me."

He turned and had reached the door of the apartment when Johnny remembered something and ran out of his mother's bedroom after him. "It's my best one," he said and handed him his Fanner 50

"Thank you," said the angel. And he went back smiling, to report to headquarters.



You Be the Judge

by William Donaldson

Because he did not want to risk a murder charge, Muggsy, the holdup man, always carried nothing deadlier than a toy pistol. His favorite was a weighty metal cap gun finished in somber black to look like the real thing.

After committing a series of holdups with his toy, Muggsy was nabbed in the act. Brought into court, he was charged with first-degree robbery with a "dangerous weapon," a crime involving a much longer prison term than second-degree robbery while unarmed.

"Muggsy's cap pistol not only scared his victims, it actually was a 'dangerous weapon' because it was heavy enough to club anyone who resisted," the district attorney argued. "Everyone who ever read a Western has heard of 'pistol whipping' with the barrel of a heavy gun."

"But, your honor," Muggsy pleaded, "surely a toy pistol is no more of a weapon than a rubber dagger or a wooden doll. The way the D.A. argues, almost anything would be a dangerous weapon. Normally, a cap gun isn't, and that is the way the court ought to view it."

If you were the judge, would you regard Muggsy's cap pistol as a weapon?

Muggsy lost. The court held that his cap pistol, being a weighty metal object, was capable of being used as a dangerous weapon, even though Muggsy never hit anyone with it. Accordingly, he was guilty of first-degree robbery.

Based upon a 1948 California decision.

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Doctor Tips on Chest Pain and Clogged Arteries

(SPECIAL FEATURE)–If you regularly have chest pain, ringing ears or even leg pain ...your arteries may be clogged...and you may be on your way to a heart attack or stroke. A remarkable health guide by Dr. Edwin Flatto is now available that reveals a medically tested method that can stimulate your arteries to cleanse themselves–the natural way–without drugs or surgery.

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- **Help clear up leg pain, cramps or tiredness in the legs**
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- **Make your body dispose of cholesterol**
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Where Do You Think You Are?

(answers from page 84)

(Theme: Great American jazz bandleaders)

1. Armstrong, MO
2. Crosby, MN
3. Dorsey, MD
4. Gillespie, IL
5. Goodman, MS
6. Hampton, GA
7. Miller, KS
8. Nichols, IA
9. Shaw, CO

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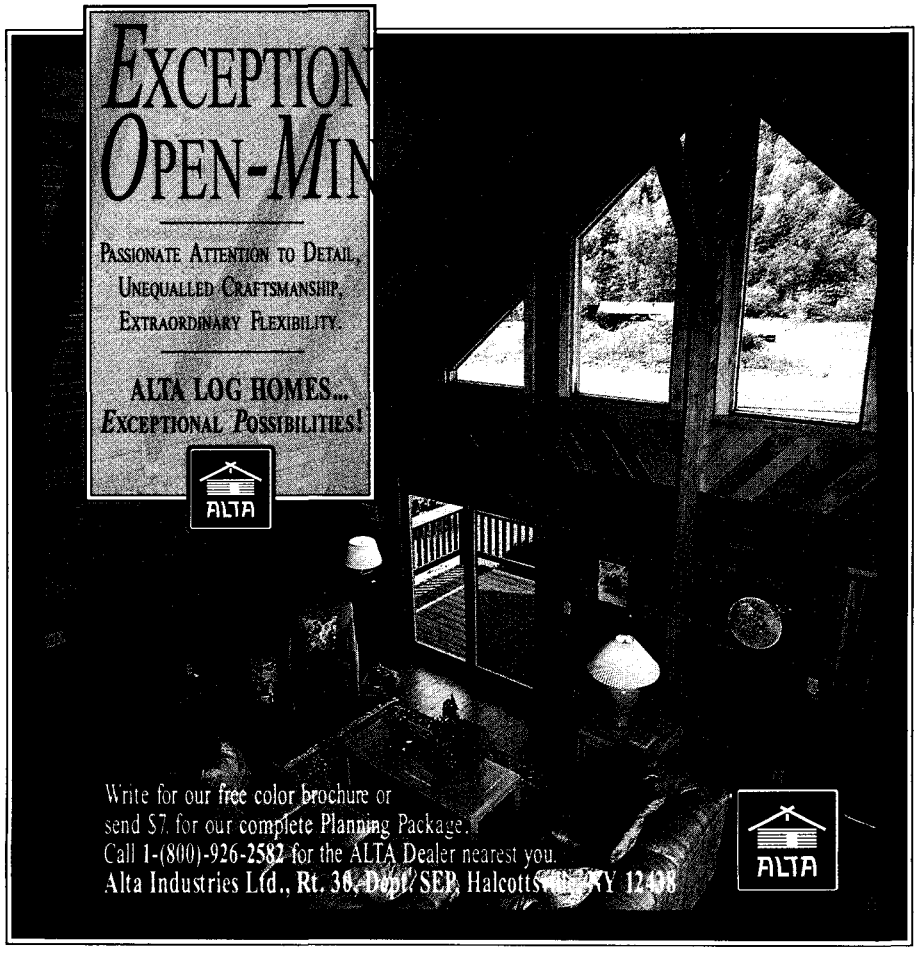

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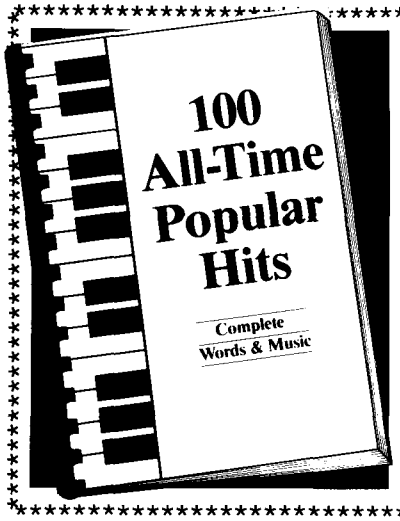

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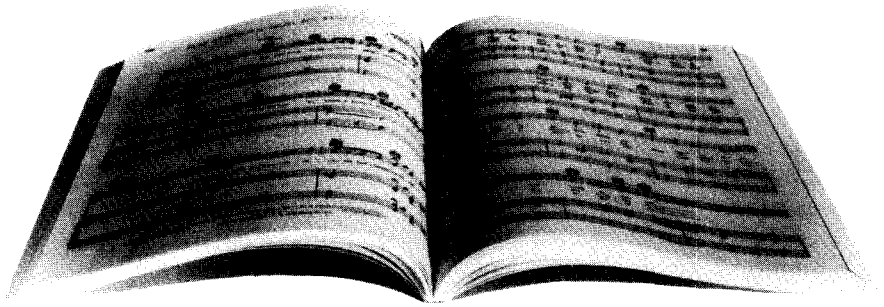

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